

Olympic champs advance at U.S. Open



metro



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Bynes blamed for car crash

Teen charged after girl's body found

GOLD RIVER After the body of a 16-year-old girl was found near Campbell River, RCMP arrested and charged her 19-year-old neighbour.

The Vancouver Island man appeared in court yesterday to face a charge of sexual assault. More charges could be laid later once the cause of death is known.

The teenage girl's body was discovered in a house on the Tsaxana reserve in Gold River on Saturday.

Todd Cosmos Amos, who also lives on the reserve, was arrested next door.

Sgt. Tim Shields said an autopsy is expected to be conducted today.

METRO VANCOUVER

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Victim fondly remembered

Your Money pg 8



Pooch costs need not bite

Canada pg 5

Food deaths rise to twelve



Members of Canada's gold medal-winning men's eight rowing team, left to right, Dominic Seiterle, of Victoria, coxswain Brian Price, of Belleville, Ont., Adam Kreek, of London, Ont., and Malcolm Howard, of Victoria, arrive at Vancouver International Airport yesterday afternoon. Athletes share experiences, page 4.

Olympians return home

ANDREA WOO
for Metro Vancouver



With flowers and Canada flags in hand, a circus of family, friends and media gathered at Vancouver International Airport yesterday to welcome home almost a hundred Canadian Olympic athletes.

Rower Krista Guloi of

Port Moody was greeted by her misty-eyed mother and sister amidst a flock of fans and reporters.

"It's really cool to come home to all of this," said Guloi, who placed eighth in the women's quad sculls. "I didn't expect such a warm welcome."

Water polo player Kevin Mitchell was greeted by his aunt and uncle, who

donned Canada hats and came bearing balloons.

"I feel great," said the 27-year-old. "It was my first Olympics and I met a lot of great athletes."

"I've known him since he was this big," said his uncle Don, holding out his hands. "Now he's a big, tall guy with muscles all over the place. I can't be more proud of him."

The Olympians appeared

Cross-country

• Returning Canadian Olympians were also greeted by enthusiastic crowds at airports in Toronto and Montreal yesterday.

to be in great spirits, despite jet lag, travel delays and a grueling flight. Because of a broken luggage

belt in Beijing, about 150 bags also went missing.

Softball player Jennifer Yee, noticeably disappointed, was among those to have their bags go missing in action.

"I had all my Olympics stuff in there," she said.

The bags are scheduled to arrive in Atlanta tomorrow before finally being shipped home to Canada.

Conservatives move to avoid abortion debate

LEGISLATION With the increasing possibility of a fall election, the federal Conservatives have announced plans to rework a controversial legislation that would have made the death of a fetus a separate crime in a

case where a pregnant woman was killed.

Justice Minister Rob Nicholson said yesterday he intends to introduce a bill in the fall that would more vigorously protect women, "but do so in a

way that does not ensure fetal rights."

"Let me be clear. Our government will not reopen the debate on abortion," Nicholson said.

The proposal is intended to supplant a private mem-

ber's bill by Alberta Tory MP Ken Epp that critics say could end up being a round-about way of outlawing abortion.

Nicholson's announcement comes days before Prime Minister Stephen

Harper may decide to force an election. It also comes after Liberal Leader Stéphane Dion referred to Epp's bill and challenged Harper to state his views on abortion rights last Thursday.

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River rescue

Two American tourists were rescued after getting stranded on rocks in the Capilano River yesterday. The couple was swept down the river after trying to go for a post-hike swim. **NEWS1130.COM**

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Local



A perfect combination

The B.C. Lions now have a beer of their own after partnering up with Russell Brewing to launch the B.C. Lions Lager, RIGHT/LEFT. It's the first time that a Canadian professional sports team has partnered with a microbrewery to develop its own beer brand. **METRO VANCOUVER**

Hell's Kitchen
Ramsay's Rival Turns Up the Heat!
8 tonight

Citytv

Each suspect took part in abduction: Crown

KRISTEN THOMPSON
 kristen.thompson@metronews.ca

KIDNAPPING The five men accused of kidnapping former University of B.C. student Graham McMynn had different levels of involvement in the abduction, but each participated in some way and are therefore complicit.

That was the argument of Crown prosecutor Richard Cairns in B.C. Supreme Court yesterday, who summarized his evidence in the final phase of the six-month-long trial.

In April 2006, McMynn, 25, was forced from his car at gunpoint and kept blindfolded and handcuffed in a closet for eight days before RCMP rescued him from a Surrey home.

Cairns rehashed DNA, fingerprint, cellphone and eyewitness evidence he said proves all five men were involved, albeit in different ways, in the kidnapping or confinement of McMynn.

Court procedures

• Final arguments are expected to last several days and Justice Arne Silverman will likely reach a verdict in October.

"(Mere) presence ensures against escape, thus ensuring a continuance of the (crime)," said Cairns.

He said that seeing a crime and providing no opposition, or encouraging it by taunting a victim, constitutes aiding and abetting.

One of the accused, for example, Van Van Vu, allegedly brought food and DVDs to the kidnappers and told a friend not to be nice to the victim.

"The behaviour of Van Vu, in my opinion, is much more than mere presence," said Cairns.

Defence lawyers said the Crown's evidence is circumstantial, and doesn't prove that the five accused are guilty of kidnapping.

Victim remembered as kind and talented

ANDREA WOO
 for Metro Vancouver

Friends said yesterday the man who was stabbed to death outside Atlantis nightclub Sunday morning was the last person they would have expected to be caught in such a circumstance.

A child of the arts, 25-year-old Aaron Chan of Richmond was a singer, songwriter, rapper and dancer for the group am3ition, which has performed at the Summer Night Market and various Chinese malls.

He also participated in a number of talent contests, such as the annual New Talent Singing Awards Vancouver Audition and the Sunshine Boyz pageant, now called the Sunshine Nation pageant.

Some of Chan's friends agreed to speak on the condition of anonymity.

"He had a CD out, he dances, he plays ball and



Right: Aaron Chan, seen here in a Facebook photo, was stabbed to death at Atlantis nightclub at about 2 a.m. Sunday. Left: Chan's tattoo read "Create your own destiny."

he's an awesome artist," said a close friend who went to Charles E. London Secondary with Chan. "All around, he's super nice. I don't think anybody would have anything bad to say about him."

Another friend, whom Chan went to Westwind Elementary School with, told much the same story.

"He was such a good guy — not a fighting guy at all," he said. "He was just straight up on the music tip."

Chan was also known for being popular with girls.

In his circle, there are ru-



mours that Chan had been trying to break up a fight when he was fatally stabbed at the Yaletown club, though nothing has been confirmed.

Because the investigation is still in its early stages, police said they are not able to release any suspect information, but did say yesterday they are still looking for a motive.

Chan's sister had just gotten married.

News in brief

CRASH A Richmond RCMP officer and the drivers of two other cars are recovering after a motor vehicle accident at No. 2 Road and Granville Avenue. The cruiser was travelling southbound Sunday when it collided with two cars travelling east. No one was seriously hurt.

POLITICS The president of Vancouver's Ross Street Sikh Temple is planning to run for city council for Vision Vancouver, CBC News Online reports. He said he wants to get the Indo-Canadian community interested in municipal politics by addressing crime within the community, particularly gang violence.

HEADACHE Commuters taking the SkyTrain at the Scott Road and Broadway stations were slowed down yesterday when the ticket vending machines stopped accepting debit and credit card transactions. Travellers were forced to use cash.

BREAK AND ENTER Early Saturday, the RCMP canine unit in Chilliwack helped track down two suspects in two separate break-and-enters. Two local men, one 17 and the other 24, were arrested in conjunction with the robberies.

METRO NEWS SERVICES

Woman stabbed, hit with dumbbell

ATTACK A 19-year-old Surrey woman is recovering in hospital after being stabbed in the face, head and arms, and hit over the head with a 34-kilogram dumbbell.

RCMP said yesterday that the woman's ex-boyfriend, 31-year-old Shahzad Sardar Ali, is now wanted for attempt-



ed murder, among other charges.

METRO NEWS SERVICES

Police death inquest begins

SHOOTING A Coroner's Inquest into the shooting death of a Surrey teenager by a police officer began yesterday, nearly three years to the day after Kyle Tait was killed.

Tait, 16, was a passenger in a stolen SUV being pursued by police when the driver rammed into a police cruiser. New Westminster Police Const. Todd Sweet fired three shots into the car, killing Tait.

The New Westminster Police Department and the Integrated Homicide Team found the shooting was justified, but Tait's family

filed a wrongful death lawsuit in B.C. Supreme Court.

The suit stated there was no risk posed to Sweet because the vehicle was turned off, and the occupants were unarmed at the time of the shooting.

The coroner's inquest began in March, but was adjourned after the Tait family's lawyer requested records into Sweet's past.

Tait's family said they want to know why Sweet was on duty the night of the shooting given two months earlier, he had pleaded guilty to assault.

METRO VANCOUVER

Murder, animal cruelty charges laid in fire death

MURDER A man who allegedly doused his mother and her dog with gasoline and set them on fire has been charged with first-degree murder in her death. Parker Matthias, 51, was originally charged with manslaughter after his mother died in a Vancouver hospital from her burns. Her dog had to be put down following the attack, and Matthias also faces a charge of animal cruelty. A date for a preliminary inquiry will be set Sept. 5.

METRO VANCOUVER

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What's online today.

Watch the press conference where officials confirmed that 12 deaths have been linked to the current listeria outbreak, and check out MetroTube of the Day.
Read Allan Small's take on Tax Free Savings Accounts, a perfect fit for any investor.
Search for jobs using Metro's Workopolis search.
Check movie showtimes, trailers and reviews at metronews.ca/movies

Rower Dominic Seiterle said he plans to circulate his gold medal around family and friends to thank them for their support, while teammate Malcolm Howard said he is going to hang his up on his wall. **ANDREA WOO/FOR METRO VANCOUVER**

Olympians talk medals, food and life after Beijing

MICHAEL LEWIS

Victoria, B.C.

Rower

What was your personal highlight?

I went to a small town in China with a friend.

What's next for you?

I'm going to go on vacation down the coast to California, then come back and look for a job.

Tell me something no one knows about the 2008 Summer Games

That there's 30,000 media there — three times more than athletes.



DANIELLE LAWRIE

Langley, B.C.

Softball

What was your personal highlight?

Winning that first game and getting that feeling out of the way. That was

"Athletes like McDonald's and Snickers bars."

B.C. cyclist Gina Grain



probably the best.

What's next for you?

Catch up on sleep, then I have some stuff to do for school.

Tell me something no one knows about the 2008 Summer Games

Everyone says the food is really good, but it was tough for me to eat.

LIAM PARSONS (centre)

Thunder Bay, Ont.

Rower

What was your personal highlight?

Racing the final and getting the medal.

What's next for you?

My fiancée

just got in-

to Cal-

gary

Law, so

I'm mov-

ing to Cal-

gary in a

week.

Tell me

something no one knows about the 2008 Summer Games

We got all these Olympic pins and everyone was going crazy. If you went to the Silk Market, you got discounts with your Olympic pins.

GINA GRAIN (above)

Burnaby, B.C.

Cyclist

What was your personal highlight?

Integrating with the people.

What's next for you?

Track nationals.

Tell me something no one knows

about the 2008 Summer Games

Athletes like McDonald's and Snickers bars.

BRIAN PRICE

Belleville, Ont.

Rower

What was your personal highlight?

Winning the gold medal.

What's next for you?

I have a 15-month-old daughter so

I'm going to hang out with her quite a bit and just enjoy her.

She just started walking when I left and now she's running

around.

Tell me something no one knows about the 2008 Summer Games

All the beer at Club Bud is free.

DOMINIC SEITERLE (right)

Montreal, Que.

Rower

What was your personal highlight?

Singing the anthem. It was a great experience. I think we probably should have practiced a bit more.

What's next for you?

I'm going to resume work.

I do some work for the provincial government in Victoria.

Tell me something no one knows about the 2008 Summer Games

Everyone trades their gear after the closing ceremonies. That's always kind of exciting.

MALCOLM HOWARD

Victoria, B.C.

Rower

What was your personal highlight?

From left, Olympians Jennifer Yee, Liam Parsons and Dominic Seiterle.

Winning gold. Crossing that finish line, there's just no way to describe. I'm having a hard time even thinking about feeling it.

What's next for you?

I don't have any immediate plans for the next month, but 2012, the plans are rolling.

Tell me something no one knows about the 2008 Summer Games

One thing athletes just love to do is when we're done competing, we just hit McDonald's like none other. You can just walk up in the village and be like, 'I'd like to order four Big Macs and four Chicken McNuggets.'

**ANDREA WOO/
FOR METRO
VANCOUVER**



TURN ON YOUR IMAGINATION.

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WAREHOUSE**

Baffin Island lands become wildlife sanctuaries

The federal government has designated 4,500 square kilometres of land and sea around Baffin Island as national wildlife heritage areas the CBC report- ed yesterday. The move protects parts of the Arctic island that are home to bowhead whales, migratory birds and other animals. **METRO NEWS SERVICES**

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Canada



Claims flood Montreal

More than 1,000 residents and businesses have filed claims for damages after a torrential rain storm hit Montreal in early August, CBC News On- line reports. The Aug. 2 storm dumped about 30 millimetres of rain in 10 minutes, causing extensive flooding in Anjou and Saint-Leonard, two northeast Montreal boroughs. A city official said it would take about six months for all claims to be investigated. **METRO NEWS SERVICES**

Food poisoning toll rises

Twelve people have now died out of 26 confirmed cases of food poisoning linked to meats produced at a plant owned by Maple Leaf Foods Inc., health officials said Monday.

There are another 29 suspected cases of listeriosis, and Agriculture Minister Gerry Ritz said more cases are expected.

Maple Leaf has voluntari-

ly pulled about 220 products in one of the biggest food recalls ever in Canada, with costs to the company of about \$20 million.

Listeria bacteria with the same genetic fingerprint as that found in the ill people was found in two beef products made at the plant. Those products and about 20 others were recalled last week.

Listeriosis was a factor in

\$20 million hit

• Maple Leaf's losses will go toward reimbursing customers and cleaning the plant. The impact could also involve reduced sales and extra ad costs.

seven deaths, the Public Health Agency of Canada said. Five others had the bacteria in their system,

but their deaths are still being investigated.

The bacterium is common and pervasive, so pinpointing a cause of the outbreak will be difficult, Maple Leaf chief financial officer Michael Vels said.

Maple Leaf is checking all of its 23 plants but has no reason to believe any other products are at risk of contamination, he said.

REUTERS

Knockoffs Counterfeit case



Sharon Franks of the RCMP shows off counterfeit designer handbags from a recent raid of a Calgary business yesterday. About 7,000 items worth a total of about \$5 million, including Louis Vuitton, Prada and Burberry fakes, were seized.

Tories pressure Liberals

POLITICS A federal election looms ever closer after Liberal Leader Stéphane Dion told Prime Minister Stephen Harper he's too busy to meet for two weeks, a delay a government official said could trigger a vote. The Conservatives are painting the re-

fusal as foot-dragging and hinted Harper might not wait before going to the polls. Meeting later would preclude the Conservatives from forcing a general election call before three Sept. 8 by-elections in Ontario and Quebec.

METRO NEWS SERVICES

News in brief

EDMONTON A couple sustained serious leg injuries after the motorized scooter they were riding was struck on the right side by a car while riding into a busy intersection Sunday evening. The 50-year-old driver of the car was not injured in the crash.

FINANCE Alberta is set to post a lower-than-projected provincial

surplus as the province releases its first-quarter fiscal results today. Fluctuation of world energy prices are being blamed for the failure to hit their \$12 billion target mark, which was based on gas and oil prices as they stood in June, but the province still expects to have netted a significant surplus from resource revenue. **METRO NEWS SERVICES**



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Thatcher has dementia: Daughter
Former British prime minister Margaret Thatcher, 82, has been suffering from dementia for the past seven years, according to her daughter, Carol. **REUTERS**

World/Business

Michelle Obama in convention spotlight



Michelle Obama, wife of presumptive Democratic nominee U.S. Senator Barack Obama, waves to the crowd last night during Day 1 of the Democratic National Convention in Denver.

Democrats opening their national convention tried to portray Barack Obama as a down-to-earth American patriot bidding to make history, led by his wife, Michelle Obama.

The aim of the first day was to frame the Democratic Party leader's personal story and the keynote speaker was his wife. In excerpts from her prepared remarks, she seemed to want to dispel

Republican charges that Obama is an aloof celebrity.

"And in the end, after all that's happened these past 19 months, the Barack Obama I know today is the same man I fell in love with 19 years ago," she said.

Michelle Obama also put a gloss on her own assertive personality. She has drawn fire from Republicans for saying she only re-

cently became proud of her country.

"I come here as a wife who loves my husband and believes he will be an extraordinary president," she said.

"I come here as a mom whose girls are the heart of my heart and the centre of my world," she said.

Speaking to reporters in Illinois, the first-term senator tried to calm anxiety among some Democrats

about a mild slide in opinion polls that has left him in a dead heat with Republican candidate John McCain heading toward the Nov. 4 election.

He said his nomination acceptance speech Thursday would be "workmanlike," short on lofty words and long on policy details.

He also played down divisions with Senator Hillary Clinton and her husband.

REUTERS

Business

Maple Leaf shares battered on recall

As the listeriosis death toll grew, investors dumped Maple Leaf Foods Inc. shares amid uncertainty about the recall's long-term effect on Maple Leaf's business and image.

The company's shares sank 10 per cent to \$8.80 in Toronto yesterday. Maple Leaf's shares have plunged 21 per cent since the first product recall a week ago.

Company officials warned yesterday that the costs tied to the recall could well exceed its initial \$20 million estimate. Chief financial officer Michael Vels said in a conference call that the estimate doesn't include future lost sales or increased spending on ads to lure customers back to its products.

"Damage control and cost minimization has not even been considered."

Michael Vels, CFO

Vels also indicated the company is prepared to spend whatever it takes to restore its name, but gave no estimate. The \$20 million earmarked so far will cover reimbursements and plant sanitization.

"Damage control and financial minimization at a time like this has not even been considered," Vels said. "One hundred per cent of our focus over the weekend has been to identify ... products we're recalling."

TORSTAR NEWS SERVICE

Quebec town gets solar plant

QUEBEC Norway's Renewable Energy Corp. (REC) has picked the small town of Bécancour, Que., as the home of a new \$1.2-billion silicon manufacturing plant.

The new plant will see 1,000 jobs created during the construction phase of the plant and about 300 permanent "green collar" jobs.

TORSTAR NEWS SERVICE

Wireless war on technology lines

TELECOM Mobile provider Rogers has a step up on competitors Bell and Telus because of its broad GSM network and the releases of GSM-equipped iPhone and BlackBerry Bold.

GSM is quickly becoming the global standard, rather than the CDMA technology Bell and Telus use.

TORSTAR NEWS SERVICE

China missed chance to show rights progress: U.S.

CHINA China missed an opportunity to show progress on human rights and religious freedom during the Olympic Games, the White House said yesterday after eight American supporters of Tibet were deported for protesting.

During meetings with Chinese leaders in Beijing, U.S. President George W. Bush pressed them to be

more accommodating and allow wider freedom of speech and religion.

But that encouragement appeared to fall short, as none of the 77 applications that citizens submitted to protest legally in designated Beijing parks was approved and two elderly applicants were sentenced to one year in labour camps.

REUTERS

Russian parliament urges recognition

RUSSIA Russia's parliament urged the Kremlin yesterday to recognise two rebel regions of Georgia as independent states, raising alarm in the West.

Both houses of Russia's parliament endorsed non-binding resolutions urging President Dmitry Medvedev to recognize the regions of South Ossetia and Abkhazia. Medvedev did not comment on the votes.

REUTERS

Teenage suicide bomber surrenders

IRAQ A teenage Iraqi girl wearing a vest packed with explosives turned herself in rather than go through with a suicide bombing in the violence-torn city of Baquba north of Baghdad, police and the U.S. military said yesterday.

She surrendered and was detained on Sunday. Estimates on her age differ, ranging from 13 to 17.

REUTERS

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In brief

TRANSPORTATION Air Canada Jazz is removing inflatable life vests from its planes to save fuel, a spokesperson said. Federal regulation allows it because plane seats float, and because routes are within 50 miles of shore. **CBC NEWS ONLINE**

AN OPEN LETTER FROM MICHAEL H. McCAIN,
PRESIDENT & CEO, MAPLE LEAF FOODS INC.

Dear Fellow Consumers,

As you may know, Listeria was found in some of our products. The Canadian Food Inspection Agency and Public Health Agency of Canada have concluded that the strain of listeria bacteria which is linked to the illness and loss of life of several people, matches the strain identified in some of our products.

This is a terrible tragedy. To those people who have become ill, and to the families who have lost loved ones, I want to express my deepest and most sincere sympathies. Words cannot begin to express our sadness for your pain.

Maple Leaf Foods is 23,000 people who live a culture of food safety. We have an unwavering commitment to keeping your food safe, with standards well beyond regulatory requirements. But, this week, our best efforts failed and we are deeply sorry.

Listeria is a particularly challenging bacteria for the entire food industry to manage. While it is commonly found in many foods, in our environment and your environment, we work diligently to eliminate it. We are accountable to you, to provide safe food.

When Listeria was discovered in the product, we launched immediate recalls to get it off the shelf.

Then, we shut the plant down.

In light of these new findings, the Company has made the additional decision to expand its product recall to include ALL production from the Bartor Road facility (Establishment # 97B) as a further precautionary measure, notwithstanding the fact that there is no evidence of Listeria contamination in product beyond the production lines originally under investigation. We expect this additional recall to be implemented swiftly, and a list of specific products and codes is available on the company website at www.mapleleaf.com.

The retrieval of recalled food products to date has been highly effective and we are confident that all measures that could be taken to ensure the retrieval of these products have and will continue to be taken.

This is the toughest situation we've faced in 100 years as a company. We know this has shaken your confidence in us. I commit to you that our actions are guided by putting your interests first.

Sincerely,



Michael H. McCain
President & CEO
Maple Leaf Foods Inc.



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EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Putting a leash on pampering the precious pup

Smart Cookies



smartcookies.com

Our beloved (and slightly anxiety ridden) Smart Cookie mascot, Lucy, is one pampered pooch. We'll admit that before becoming a Smart Cookie dog, she was decked out in designer collars, sleeping in the most luxurious doggie beds and cuddling with a new squeak toy weekly.

Now that she is representing Smart Cookie dogs everywhere, we had to reign in the leash on our spending. Here are our favourite tips for dog lovers:

Don't cheap out on your dog's food.

What your dog eats is important to their overall health. If you are a follower of the raw food movement, rather than buying gourmet pre-packaged meat and vegetables, head to the local market for your veggies and to the butcher for your raw meat. And while you're at the butcher ask for a free shin bone for your dog — you'll save yourself at least \$10 by not having to buy it at your local pet store.

Doggie daycare/dog walkers can add up.

Lucy used to have a dog walker five days a week at \$20 a day. Now we switch off walks with a friend we met at the daycare — he gets off early twice a week and walks both dogs and we do the same, saving us



Pet insurance can save you thousands over the years. For less than \$35 a month, you can purchase a policy that covers everything from diagnostic testing, accidents and illness.

\$80. If you do take your dog to doggy daycare or hire a dog walker, ask about packages and referral incentives. Often it is cheaper to buy a package instead of individual visits and if you refer someone you might get a few free walks.

Save on toys.

Pet stores can charge up to \$15 for stuffed toys for dogs. And generally the toy is missing an eye within the first hour. Instead, buy your toys from a thrift store for 50 cents and under. After a good wash, they are as good as new. **You wouldn't go without health care, so why would your dog?**

Pet insurance can save you thousands over the years. For under \$35 a month, you can purchase a

policy that covers everything from diagnostic testing, accidents and illness. Our favourite is Vet Insurance (vetinsurance.com) because of its low deductibles (10 per cent of the total bill) and its high lifetime coverage of \$20,000. To take full advantage of the low monthly cost, make sure to sign up your dog before their first birthday. **Don't buy, adopt.**

If you are in the market for a new pooch, consider

adopting your pal from the SPCA. You will save yourself hundreds upfront and in some cases may even be eligible for a charity tax receipt. If you have your heart set on a particular breed, try researching rescue agencies. From boxers to beagles, most breeds have a rescue group specific to them.

If you have questions or comments for the Smart Cookies, e-mail smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small



The Tax Free Savings Account is ideal for all investors. Find out why from this week's column at metronews.ca

AIR CANADA VACATIONS

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Nassau, Bahamas
EARN 4,610 AEROPLAN MILES* PER MEMBER
SuperClubs Breezes Bahamas • 3 ★
Super All-Inclusive • Deluxe garden view rm.
Sept. 12, 15, 18, 19 & 26 • 3 nts.

via Toronto
\$1279
Plus taxes & other fees: \$274.

Jamaica
EARN 5,450 AEROPLAN MILES* PER MEMBER
Breezes Runaway Bay Resort & Golf Club • 4 ★
Super All-Inclusive • Deluxe rm.
Oct. 3-5, 10-12, 25 & 26 • 1 wk.

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Getting some cash out of bricks

Q My parents are seniors and would like to help my brother with a down payment for a house. A financial institution proposed a loan that has zero interest and principal monthly payments. The amount does not have to be repaid until their house is sold. Will this affect their pension and are there any disadvantages? **Bernie**

A No. This will not affect their Old Age Security or Supplement, nor is it taxable. Reverse mortgages have become increasingly popular in Canada that allows senior homeowners to access some of the equity in their home.

The concept itself is not new. Homeowners have always used the equity in their home for adding a nursery room, finishing the basement or renovating their kitchen. Of course, the increased monthly payments were no fun but everything comes with a cost.

A reverse mortgage has taken this a notch up. Available to homeowners

MoneyMatters

Henry Choo Chong

choochonghcgca@yahoo.ca

over the age of 60, it allows house-rich seniors to access equity in their homes for a trip around the world, to fix up their home, help out their children or whatever they like.

The biggest player in this market is CHIP Home Income Plan. CHIP will loan seniors up to 40 per cent of the market value of their home and requires no monthly payments.

The loan plus interest is due only when house is sold or you move. This can be appealing to some senior that do not want increased monthly payments but want to take some cash out of their bricks.

However, your parents should consider the effects of a reverse mortgage:

- The loan can balloon to more than triple its principal amount in 15 years. Yes, it's investment inter-



The concept of reverse mortgages is not new.

est compounding in reverse.

- Less equity in home survivors. Whatever taken out now, leaves substantially less for the kids.
- The interest rate for reverse mortgages is generally higher than other loans.
- If need arises, less equity for the homeowner.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcgca@yahoo.ca.

Before you sign any contract

Shop around! Understand exactly what each company is offering. The more you know, the more you can negotiate. Compare price, guarantee/warranty, duration of contract, and any terms or conditions that are important to you.

NEWS CANADA

9

Student Cents

Cash cow

Ottawa financial adviser Robert Abboud says the federal government has recouped more than \$300 million in GST and T1 income tax credits since 2002 from loan defaults

Spend student money wisely

What will it cost?

BRIAN TOWIE

brian.towie@metronews.ca



You're on your way to school and you've finally got that student loan that you applied for so long ago. But be careful, the generosity shown to you now can lead to financial perdition years down the road.

The experts agree that you should remember one thing as you dispense of that gargantuan sum: You borrowed it. That money isn't yours and if you must use it, do so wisely and sparingly. Ottawa-based financial adviser Robert Abboud says for the most part, post-secondary students don't waste cash set aside for school, but some planning and hard work will go a long way to sinking the potential battleship of debt you'll face after you graduate.

"For the most part, students are not frivolous. They know that money earmarked for school is for school, and if they run out, they run out," he said. "Determine what you need on an annual basis: Budget for tuition and books first, then living expenses. Then determine how long your loan will last. If it's only a year, you'll need more. Never spend over your budget and don't spend it on the fun stuff."

The experts can't stress this enough. A Millennium Scholarship Foundation report said the average Canadian student debt load as of



2006 was more than \$24,000. Another report published in June by the Office of the Superintendent of Financial Institutions (OSFI) expects college and university tuitions to triple within the next 25 years.

Interest rates are making loans harder to pay back every year, and lenders are reaping the rewards at staggeringly exponential rates.

One such example being the Canada Student Loan program. Ottawa plans to collect \$549.5 million in interest revenue in the 2009-10 fiscal year and collected \$483 million and \$315 million in 2007-08 and 2005-06 respectively, according to Julian Benedict of the Coalition for Student Loan Fairness, a B.C.-based group advocating significant changes

in student loan policies.

Through access to information requests, Benedict claimed he discovered Ottawa borrowed money marked for student loans from the Bank of Canada at a rate of 4.5 per cent on average from 2005-2007, but loaned it out at nearly twice the rate.

"For the most part, students are not frivolous."

Robert Abboud

Charging well over prime interest rates, Benedict says that federal student loan programs only serve to fill the feds' coffers, and put unaware low, middle (and

sometimes no)-income students in debt for years to come. And it's too lucrative a moneymaker for them to reform.

"The government has become reliant on the money it gets from those high interest rates to subsidize an inefficient system. It's not a social program, it's ultimately regressive and it promotes gaps," he said.

"You can't pay off the interest rate as quickly as say, someone who becomes a doctor or a lawyer. Essentially, you get taxed for being poor. It puts low-income borrowers into a strait jacket of debt, and every time they're limited by debt, they can't participate in the economy."

Unless you have a significant RESP (Registered Edu-

cation Savings Plan) or wealthy sources in your corner, chances are you'll have to bite the borrower's bullet. You can, however, minimize the impact of your debt. Bursaries and grants can assist greatly and try to get as much help from your parents as they can afford. Find a part-time job and use part of what you earn to pay down what you owe as you go. The more you whittle down your tuition, the less interest your principal will generate.

"You want it? Get off your butt and work," notes Abboud. "If there's a store or a mall or something around your school, try and find a job there, because what you borrow will really weigh you down for years to come."

Being a university student can be both exciting, and very different from anything you may have experienced in high school. Unlike the quaint community confines of high school, college can be a big endeavor with a big price tag. According to the Ministry of Training, Colleges and Universities, tuition for college and university can be quite costly; for example, fees in Ontario on average for a two-term college general program are about \$1,900 and fees for general universities are about \$4,200.

Books and supplies

You should expect to spend about \$1,000 per year for books and school supplies. If you are entering a specialized course such as dentistry, medicine, or architecture, you can expect a much higher cost.

Living costs

If you decide to live on campus, many decisions will still have to be made in terms of accommodation and food. If you decide to go with full accommodation from the school, you can expect to pay anywhere from \$4,500 to \$6,000.

Transportation

Will you live within walking distance of your college or university? If not, expect to add \$100 per month to your budget for public transportation.

NEWS CANADA



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Poor treatment may be fueling the rise of an especially hard to treat form of tuberculosis called extensively drug resistant or XDR TB, doctors reported Sunday. **REUTERS**

Health

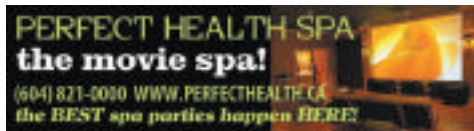


Combat inflammation with ginger

Swelling, redness, heat, and pain are the four key signs of inflammation. A natural way to combat inflammation is by taking ginger. Ginger's most active and aromatic chemical compounds are called gingerols. Ginger offers significant improvement in cases of arthritic inflammation and pain by inhibiting the body's pro-inflammatory responses.

ALIVE MAGAZINE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA



Too early to act on soy results

CELIA MILNE
for Metro Canada

It was recently reported that men who consume soy daily may be less fertile than those who don't eat soy.

But the study's lead author told Metro, it is too early for men to start changing their behaviour.

The study involved 99 men who went to Massachusetts General Hospital Fertility Center with their partners. All couples were having trouble conceiving a baby. The men produced a semen sample and completed a questionnaire about

how often they had eaten various soy foods over the last three months.

The researchers found that men who ate soy — such as tofu or soy milk — every day had lower concentrations of sperm. This was especially true of overweight and obese men. This finding is in line with many studies in animals that have shown a link between consumption of soy and lower sperm concentrations.

But the lead author of the study cautions that this is a preliminary study in humans, and results may not be as dramatic as they first seem.



Wait on implants

Urge for cosmetic surgery may disappear as girls mature

CELIA MILNE
for Metro Canada

Does your teen girl want to have breast augmentation or liposuction? Try to delay this as long as possible, and the urge may even disappear, suggests a recent paper in the Journal of Adolescent Health.

"I think 22 should be the minimum age for any kind of breast implants, because younger women don't fully appreciate the long-term financial and medical commitment involved," says lead author Dr. Diana Zuckerman, (PhD), president of the National Research Center for Women & Families in Washington, D.C.

In addition, she says, women under 22 should not have liposuction. For one thing, girls' bodies are still maturing until that age and secondly, they should become more physically active rather than having liposuction, as this confers long-term health benefits. "Too many women are choosing liposuction instead of exercise," she says.

Teenage girls are notorious for hating parts of their bodies, but these negative feelings often neutralize as girls become more mature. Studies show that body image often improves after age 18, even without cosmetic sur-



Teenage girls are notorious for hating parts of their bodies, but these negative feelings often neutralize as girls grow older.

gery, report Dr. Zuckerman and co-author Dr. Anisha Abraham, a pediatrician at Georgetown University Medical Center in Washington.

Yet the number of teenagers having cosmetic procedures has gone up dramatically in the last 10 years. The American Society of Plastic Surgeons estimates that more than 333,000 cosmetic procedures were performed on

"I think 22 should be the minimum age for any kind of breast implants."

Dr. Diana Zuckerman, National Research Center for Women & Families in Washington, D.C.

people under age 18 in the U.S. in 2005, way up from 14,000 ten years earlier. The trend is similar in Canada.

One-quarter of those procedures were surgical, including breast augmenta-

tion, liposuction, tummy tucks, nose reshaping and ear surgery.

Complications of breast implants increase over time, and include painful tightening or hardening of the scar tissue, implant rupture, and leaking, report Drs. Zuckerman and Abraham. A teenager who gets breast implants may require repeated surgeries over her lifetime, as implants only typically last 10 years. Breast implants can also interfere with mammography and with breast feeding.

Studies of women who have had breast augmentation show no improvement in their self-esteem over the long-term. In fact, these women are more likely to commit suicide than women who have not had this procedure done, the paper warns.

For liposuction, risks include infection, excessive loss of fluids, and damage to skin, nerves or organs.

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WE DO BOTOX!

Limited TV time may keep kids trim

Children who regularly exercise and limit their time in front of the TV and computer are much less likely to be overweight than their peers, a new study suggests. The American Academy of Pediatrics recommends that children devote no more than two hours per day to watching TV and playing video games. **REUTERS**

Walking on the wild side

Vancouver trend of urban poling gaining in popularity across Canada

LEYLA EMORY
for Metro Canada



Despite the suggestive name, urban poling — a.k.a. Nordic walking — is not quite as sexy as its sultry cousin pole dancing. But it's just as physical and just as hot.

"If you're out for a walk in Germany and you don't have poles, people kind of look at you funny," says Barb Gormley, owner of CustomFit Personal Training and Ontario master trainer for the Nordic walking company Urban Poling.

The trend of walking with poles has taken off in Vancouver and is building a reputation across Canada.

"In one of my classes we're known as the chicks with sticks. We're there with the dog walkers, the runners and everybody else," says Gormley.

"There are more and

more of us around for sure."

To date, Gormley has certified between 150 and 200 people, some of whom are teaching up to eight urban poling classes a week, she says.

Part of the attraction is it's easy, both on the budget and the bones.

"You don't have to go out and buy anything fancy ... wear what you would for a power-type of walk," she says. "It's not an expensive sport. The poles are about \$100 and you'll have them for a lifetime."

The titanium rods with their rubber boot tips absorb impact, making urban poling easier on the joints.

"You're offloading weight from your lower body into the poles, so people who have knee or hip problems can walk further without pain," Gormley explains.

Leticia Kurucz, a 39-year-old with osteoarthritis in her knees, credits urban



Barb Gormley, centre, leads a group of Nordic walkers. You can burn up to 40 per cent more calories walking this way.

poling for her ability to walk at all.

"Around this time last year, I wasn't able to walk," says Kurucz, "I started (urban poling) and began noticing improvement in my knees."

Kurucz now joins Gormley every Sunday and goes out on her own at least three to four times a week for 45 minutes to an hour.

"It's a lot easier on the joints," says Leigh Davis, a physiotherapist at On the

Mark.it Physiotherapy & Sports Injury Clinic.

"It would be a great transition point for those with joint related injuries," he says. "You could move from a bike to Nordic walking and back to running or

What is it?

• Nordic walking began as a summer training routine for competitive cross-country skiers. Participants use two specially designed poles to work the upper body while walking. Like cross-country skiing, the poles are used by the arms to match each stride the person takes.

• Up to 40 per cent more calories are burned when Nordic walking compared to walking.

METRO NEWS SERVICES

walking on a treadmill."

But why would you want to? Like another favourite exercise, urban poling burns calories without letting on that you're doing it.

"Your heart rate is higher, you're working harder, but the level of perceived exertion is not higher," Gormley says. "Nobody's really been able to explain that to me but it's just another bit of good news. It's all good news."



You may be able to tell which hockey players are the most aggressive based on the width of their faces, a study shows.

Aggression linked to wide faces

STUDY Next time you're getting your face scraped along the boards by the other team's enforcer, try and take a peek at his sneering mug.

Chances are it's wider than yours, according to a new Brock University, Ont., study that equates the width of a hockey player's face with his or her aggressive tendencies.

"Playing hockey ... you can almost tell just by looking at them that this person might be more aggressive than another person," says Justin Carré, a graduate student and the lead study author.

TORSTAR NEWS SERVICE

Fall fairs are for gorging

HineSight

Anne Hines



Food. Source of life. Fount of energy. Wellspring of well-being. And once a year, pure recreational fun.

It's August. Time for my partner, Liz, and I to head to the Canadian National Exhibition in Toronto to participate in that time honored gastronomical event, Lard Quest. While this event invites Canada-wide competition, to us, the C.N.E. is the Olympic stadium of recreational eating. Our motto: "We came, we saw, we couldn't believe someone would put that on a plate and call it food, we ate it anyway."

Warning: Lard Quest is not for everyone. Those who get queasy reading the ingredient list on a box of Ho Ho's should not attempt it. For those who keep your local pizza place on speed dial this event is for you.

Lard Quest is not about how much you eat. Going for quantity alone only leads to heartache and stomach ache. One year, our friend, Betty, ate a plate of cabbage rolls, an order of pierogies (double sour cream), pizza her

friend, Christine, didn't want, a burger someone else didn't want and two bags of Tiny Tom Donuts. Only to get beat out by a woman who ate all this plus a Pogo.

In Lard Quest, the focus is on quality of badness. A single piece of cheesecake, deep fried and smothered in chocolate beats out any number of orders of nachos, with or without edible oil cheese-like topping.

Here's a handy scoring guide for those new to the event:

• Five points: For anything drenched in saturated fat. Cotton candy is sugary bliss but it

barely qualifies in this event. If someone would toss those puppies into the deep fry you'd have a winner.

• Three points: For complete lack of nutritional value. A friend in Vancouver entered "coconut

caramel marshmallow" fudge consumed at the Granville market but it was disqualified. Fudge contains real butter. Which, in this event, makes it practically health food.

• Two points: For creativity. Whoever thought of battering a Mars bar and tossing it in the deep fryer is simple genius.

• One point: For anything on a stick. We just think sticks are fun.

• Bonus points awarded if you can hear your own arteries slamming shut.

So, let the fall fairs begin. Let Canadians everywhere ditch the diet and deep six that organic free-range broccoli. Today, it's deep fried Twinkies with an extra dollop of whipped cream. Today, we eat!



Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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The Toronto Argonauts released veteran safety Orlando Steinauer yesterday. The 35-year-old Steinauer, who has spent the past eight seasons with the Argonauts, is a three-time CFL All-Star. **METRO NEWS SERVICES**

Sports



Brady expects to play

New England All-Pro quarterback Tom Brady, left, expects to play in the Patriots' season opener versus the Kansas City Chiefs on Sept. 7. The NFL's reigning Most Valuable Player, Brady has been plagued by a foot injury this summer and has not played in the preseason. **Metro News Services**

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Giants use Kiwanuka to plug hole

NFL The New York Giants moved Mathias Kiwanuka back to defensive end yesterday.

The move was designed to replace the injured Osi Umenyiora, and decreases the chances that the defending Super Bowl champs will make a push to lure Michael Strahan out of retirement.

The New York Daily News reported that Strahan, the Giants' all-time sack leader, would consider coming out of retirement for \$8 million US and "a few kind words."

METRO NEWS SERVICES



Kiwanuka

COC needs to get off nest egg

Expert questions why Olympic organization isn't spending \$180M pot

YorkReport

Marty York

The Canadian Olympic Committee has more than \$180-million in trust and should start using some of that money to subsidize our athletes, according to the most prominent private fundraiser in this country. **Jane Roos**, who has in the past decade provided hundreds of thousands of dollars to our Olympians from donations to her www.canadianathletes-now.ca website, told Metro

in an interview yesterday she knows "for a fact" the COC is keeping quiet about its bulky trust fund.

"Even though the COC constantly cries poor," Roos said, "they have plenty of money to give to our athletes. That's not common knowledge, but it's the truth."

Roos was irked yesterday by a Globe and Mail story in which COC chief **Chris Rudge**, reflecting on Canada's performance at the Beijing Olympics this month, was quoted as saying he is appealing to Prime Minister **Stephen Harper** for \$30-million in order to make Canada more competitive at the next Summer Games, in 2012 at London.

"Rudge should get the

Figures, not facts?

• The COC has declared that Canada successfully reached its goal of finishing in the top 16 nations in Beijing by tying for the 14th-highest medal total, but prominent Canadian Olympic fundraiser Jane Roos

argues that the authentic medal standings, which counts golds, placed Canada 19th. "The COC wants Canadian people to think we did better than we actually did," Roos said, "and that's just wrong."

money from the Government, yes," Roos said, "but use some of the \$180-million-plus the COC has in trust, too. What is that money put aside for? You can never get a straight answer from the COC. There's no accountability. There's no transparency within the system."

"But that money's there, for sure. Most of it came from Calgary (the 1988 Winter Olympics). So what's the COC doing with all of it? Why are our athletes not getting enough money to compete properly?"

Metro could not reach Rudge for answers yesterday — sources said he was unavailable because he was travelling — but Roos said she wonders why the COC needs five offices.

"They have offices in Calgary, Toronto, Montreal, Ottawa and Vancouver," Roos said. "What for? The U.S. Olympic committee has only one office. Does the COC need all the money it has to operate five offices or what? They just don't talk about it."

The COC does talk about

the fact that, for the first time, it's rewarding Canadian medal winners with cash. The three gold medalists in Beijing will receive \$20,000 each. The nine silver medalists get \$15,000 and the six bronze medalists, \$10,000.

But Roos insists there's still plenty of cash left to fund Canadian athletes for Olympic Games in the future.

"Our athletes won medals in Beijing despite the terrible system we have," she said. "Canadians realize now more than ever that our athletes are underfunded. But the COC has to stop using smoke and mirrors all the time and must stop doing a disservice to our athletes. Canada deserves better."

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

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Know your limit, play within it.



Chicago White Sox' Juan Uribe slides safely in to third base past Baltimore Orioles third baseman Melvin Mora in Baltimore last night. The White Sox beat the Orioles 4-3.

White Sox take down Orioles

MLB Alexei Ramirez went 4-for-5 with two runs scored as the Chicago White Sox downed the Baltimore Orioles, 4-3, in the opener of a three-game set at Camden Yards.

Jim Thome hit a solo home run while Ken Griffey Jr. drove in a run for the White Sox, who dropped two of three against Tampa Bay over the weekend.

Earlier in the day Lou Montanez's RBI single in the 14th inning gave the Baltimore Orioles a 4-3 win over the Chicago White Sox to complete a rain-sus-

pended game that had originally started on April 28. Mike Pelfrey pitched his second consecutive complete game, and Carlos Delgado hit a pair of three-run home runs, as the New York Mets blasted Houston, 9-1, to earn a split in the four-game series.

Jimmy Rollins drove in two runs and fell a home run short of the cycle and Brett Myers was once again solid on the mound, as the Philadelphia Phillies upended Los Angeles, 5-0, to complete the four-game sweep of the Dodgers.

Aramis Ramirez clubbed a three-run homer and Kosuke Fukudome drove in four runs, as the Chicago Cubs pounded the Pittsburgh Pirates, 12-3, in the opener of a three-game series from PNC Park.

Franklin Gutierrez drove in the game-winning run for the second straight night, blasting a 10th inning homer to give the Indians their eighth straight victory, a 4-3 win over the Detroit Tigers in the opener of a three-game set at Comerica Park.

METRO NEWS SERVICES

IT DOESN'T MATTER WHO WINS...
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VANCOUVER vs TORONTO



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Defenceman Bryan Berard, left, will attend the Flyers' training camp in September on a try-out basis, Philadelphia general manager Paul Holmgren announced yesterday. The 31-year-old rearguard played in 54 games last season for the New York Islanders. **METRO NEWS SERVICES**

NHL

Olympic champs advance at U.S. Open

Games-weary Nadal, Dementieva forced to battle through first-round matches

Beijing gold medalists Rafael Nadal and Elena Dementieva shook off their Olympic hangovers yesterday to stumble into the second round of the U.S. Open.

As the newly-crowned world No. 1, Nadal would have been expected to flatten a qualifier ranked 136th in the world.

But the Spaniard's exertions over the past few weeks, where he made a flying visit to the Chinese capital to add the Games title to his triumphs at the French Open and Wimbledon, appeared to have caught up with him as he struggled to a 7-6, 6-3, 7-6 win over Germany's Bjorn Phau.

Dementieva, after finally getting her hands on a major title, also found it difficult to break free from the Olympic bubble.

She snapped back to attention in the nick of time to come from 5-3 down in the second set, saving two set points, before beating Akgul Amanmuradova of Uzbekistan 6-4, 7-5.

Opening day results

- No. 1 Rafael Nadal (Spain) beat Bjorn Phau (Germany) 7-6 (4), 6-3, 7-6(4)
- No. 4 David Ferrer (Spain) beat Martin Vassallo Arguello (Argentina) 7-6 (1), 6-2, 6-2
- No. 6 Andy Murray (Britain) beat Sergio Roitman (Argentina) 6-3, 6-4, 6-0
- No. 7 David Nalbandian (Argentina) beat Marcos Daniel (Brazil) 6-1, 6-2, 6-4
- No. 9 James Blake (U.S.) beat Donald Young (U.S.) 6-1, 3-6, 6-1, 4-6, 6-4
- No. 10 Stanislas Wawrinka (Switzerland) beat Simone Bolelli (Italy) 7-6 (5), 6-3, 6-3
- No. 16 Gilles Simon (France) beat Marcel Granollers (Spain) 6-4, 6-3, 5-7, 6-2
- No. 2 Jelena Jankovic (Serbia) beat Coco Vandeweghe (U.S.) 6-3, 6-1
- No. 3 Svetlana Kuznetsova (Russia) beat Zhang Shuai (China) 6-4, 6-2
- No. 5 Elena Dementieva (Russia) beat Akgul Amanmuradova (Uzbekistan) 6-4, 7-5
- No. 8 Vera Zvonareva (Russia) beat Barbora Zahlavova Strycova (Czech Republic) 6-4, 6-3
- Ekaterina Makarova (Russia) beat No. 10 Anna Chakvetadze (Russia) 1-6 6-2 6-3
- Tamira Paszek (Austria) beat No. 22 Maria Kirilenko (Russia) 6-3, 3-6, 6-4
- No. 23 Lindsay Davenport (U.S.) beat Aleksandra Wozniak (Canada) 6-4, 6-2

Eight days after pulling off the greatest win of her career, Dementieva admitted she was still pinching herself.

"I was holding (the medal) for three days, to make sure it's not a dream. It's real," said the Russian first seed.

"It's really very hard not

to think about the Olympic Games. Yesterday I was trying to go to sleep but I couldn't because ... my mind is still there."

In other action yesterday, Lindsay Davenport, winner in Atlanta in 1996, eased past Aleksandra Wozniak of Blainville, Que., 6-4, 6-2.

REUTERS



Rafael Nadal of Spain hits a return shot to Bjorn Phau of Germany during their opening-round match yesterday at the U.S. Open tennis tournament in Flushing Meadows, N.Y.

Open champs saluted in NYC

TENNIS Twenty-four former champions — from Rod Laver to Roger Federer and Virginia Wade to Maria Sharapova — launched opening night at the U.S. Open yesterday to celebrate the 40th anniversary of the professional era.

In 1968, Arthur Ashe became the first African-American man to win a grand slam title when he triumphed at the first U.S. Open while Wade raised the women's trophy and pocketed the tournament's first

prize money as champion.

Also gracing the Arthur Ashe Stadium court were the likes of John Newcombe and John McEnroe on the men's side, and Billie Jean King, Chris Evert and Martina Navratilova among women who triumphed after professionals were allowed to play the grand

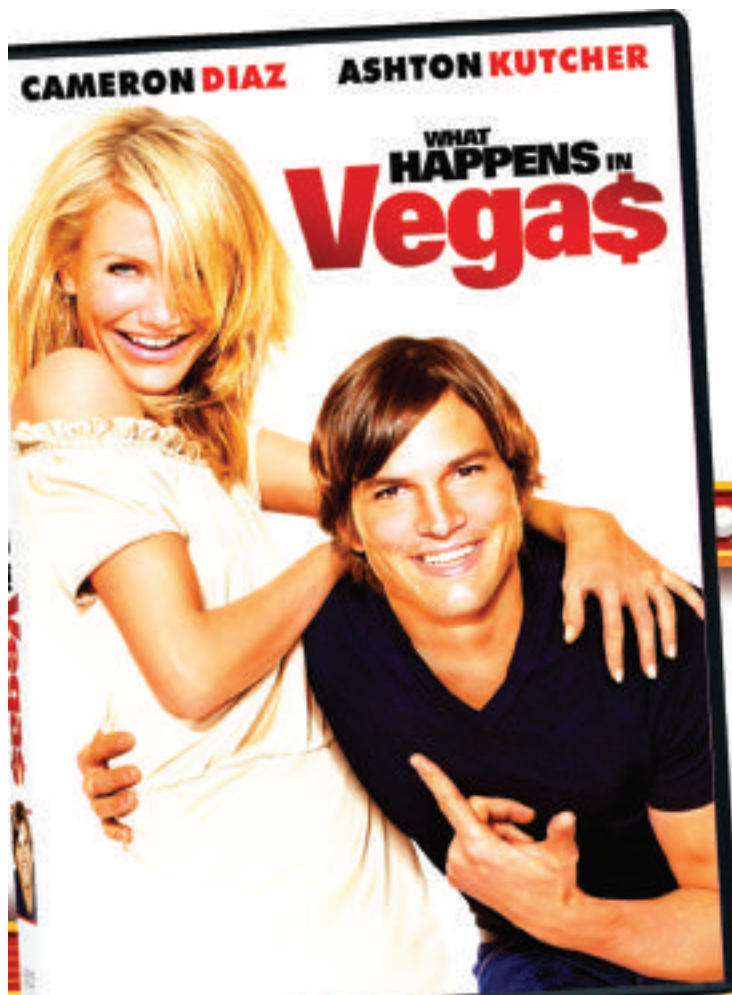
slam events four decades ago.

The champions in attendance were aglow over the occasion.

"I still get a thrill to be around Rod Laver and champions of the past and Billie Jean. I idolized them when I was growing up," said six-time U.S. singles champion Evert.

"These ceremonies are really thrilling," said Wade. "This one is very special and also a special year to win in '68."

REUTERS



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NHL
The Chicago Blackhawks signed winger Akim Aliu, left, to a three-year contract entry level contract yesterday. A native of Nigeria, Aliu notched 58 goals, 123 points and 316 penalty minutes in 160 career regular-season OHL tilts with Windsor, Sudbury and London. **METRO NEWS SERVICES**



GM impressed by Raptors Olympians

Colangelo hoping Bosh can carry play over

Two of his NBA team's players leave Beijing with medals, and his father is hailed as the architect of one of the greatest American teams ever.

It's been a pretty good Olympics for Toronto Raptors president and general manager Bryan Colangelo.

After watching the final week of Games action, including Chris Bosh's emergence as a dominant force on an American gold-medal team littered with stars, and a Jose Calderon groin injury that limited his contributions for Spain but is not considered serious, Colangelo feels pretty good about the Raptors' impending NBA season.

"I was most impressed

with his preparation and the work he put into this leading up to the practices and competition," Colangelo said of Bosh, who was on the court with Chris Paul, Dwyane Wade, Kobe Bryant and LeBron James in the tense, dying minutes of the gold-medal win over Spain sans Calderon. "I'm really very happy for him. This experience should propel him to another level."

What that level is remains to be seen, but Bosh showed in the eight U.S. games a tenacity on defence that would be the next step in his evolution as an NBA all-star. Bringing that level of intensity for 38 minutes a game, over

an 82-game season, may be asking too much of most NBA players. But the 24-year-old did demonstrate skills he hasn't shown in his career so far. Colangelo was in close contact with Spanish federation officials from the time Calderon was hurt late in his team's quarter-final win over Croatia and has been assured the injury should not have any impact when NBA training camps begin late next month.

"Had he been healthy, you never know how he would have impacted the result, but his experience would have certainly been a positive for Spain," Colangelo said of Calderon.

TORSTAR NEWS SERVICE



Toronto Raptors all-star Chris Bosh was a key component of the American team that won gold at the Beijing Games.

Castro supports banned athlete

OLYMPICS Former Cuban leader Fidel Castro yesterday defended a Cuban taekwondo athlete banned forever from the sport for kicking a referee during the Beijing Olympics.

Castro, in a column on the Internet, said Angel Valodia Matos already was "indignant" because someone tried to bribe his coach and "could not contain himself" when referee Chakir Chelbat disqualified him in a bronze-medal match he led over Kazakhstan's Arman Chilmanov.

"For our taekwondo athlete and his coach, our total solidarity," Castro said.

REUTERS

B.C. Sports in brief

CFL The B.C. Lions will hold a joint press conference with SFU football this afternoon to announce plans for Super Football Saturday. Lions' Vice President of Business Operations, George Chayka, and Clan head coach, Dave Johnson, will provide details of a gridiron doubleheader at B.C. Place against a pair of Saskatchewan squads. Super Football Saturday will kick off at noon on Sept. 13 with SFU hosting the University of Saskatchewan under the dome followed by the Lions and Roughriders renewing their rivalry at 7 p.m. that same evening.

BASEBALL B.C. Little League lost a prominent figure over the weekend with the unexpected passing of Joe Burns. Burns helped pilot Whalley to back-to-back appearances at the Little League World Series in 2004 and 2005. The 48-year-old developed complications after being admitted to hospital with pneumonia. He is survived by his wife Dianne and their three children.

SCOTT RINTOUL/METRO VANCOUVER

SCOREBOARD

MLB	WEST DIVISION	Colorado at San Francisco, 7:15
AMERICAN LEAGUE	W L PCT GB	CFL
EAST DIVISION	W L PCT GB	WEST DIVISION
Tampa Bay 79 50 .612	Arizona 68 63 .519	Saskatchewan 6 2 0 12
Boston 75 55 .577	L.A. Dodgers 65 66 .496	Edmonton 5 3 0 10
N.Y. Yankees 70 60 .538	Colorado 61 71 .462	Calgary 5 3 0 10
Toronto 67 63 .515	San Francisco 58 72 .446	B.C. 4 4 0 8
Baltimore 62 69 .473	San Diego 49 82 .374	
CENTRAL DIVISION	LAST NIGHT'S RESULTS	EAST DIVISION
W L PCT GB	AMERICAN LEAGUE	W L PCT
Chicago Sox 75 56 .573	Baltimore 4 Chicago White Sox 3	Montreal 5 3 0 10
Minnesota 74 56 .569	(14 ings, comp. of susp. game)	Toronto 3 5 0 6
Detroit 64 67 .489	Chicago White Sox 4 Baltimore 3	Hamilton 2 6 0 4
Cleveland 63 67 .485	Cleveland 4 Detroit 3 (10 ings)	Winnipeg 2 6 0 4
Kansas City 56 75 .427	Texas 9 Kansas City 4	
WEST DIVISION	Oakland 2 L.A. Angels 1	WEEK 10
W L PCT GB	Seattle 4 Minnesota 2 (11 ings)	FRIDAY'S GAME
L.A. Angels 79 51 .608	NATIONAL LEAGUE	B.C. at Montreal, 4:30
Texas 64 68 .485	Chicago Cubs 12 Pittsburgh 3	SUNDAY'S GAME
Oakland 60 71 .458	N.Y. Mets 9 Houston 1	Winnipeg at Saskatchewan, 12
Seattle 48 82 .369	Philadelphia 5 L.A. Dodgers 0	Edmonton at Calgary, 1
NATIONAL LEAGUE	San Diego 4 Arizona 2	Toronto at Hamilton, 4:30
EAST DIVISION	Colorado 4 San Francisco 2	
W L PCT GB	TODAY'S GAMES	SOCCER
N.Y. Mets 73 59 .553	AMERICAN LEAGUE	GAMES FEATURING THE VANCOUVER WHITECAPS MEN'S TEAM:
Philadelphia 72 59 .550	Boston at N.Y. Yankees, 4:05	TOMORROW'S GAME
Florida 67 64 .511	Cleveland at Detroit, 4:05	Atlanta at VANCOUVER, 7
Atlanta 57 74 .435	Chicago W. Sox at Baltimore, 4:05	BASEBALL
Washington 46 85 .351	Toronto at Tampa Bay, 4:10	NORTHWEST LEAGUE GAMES
CENTRAL DIVISION	Texas at Kansas City, 5:10	FEATURING THE VANCOUVER CANADIANS:
W L PCT GB	Oakland at L.A. Angels, 7:05	LAST NIGHT'S RESULTS
Chicago Cubs 81 50 .618	Minnesota at Seattle, 7:10	Everett 6 VANCOUVER 3 (Gm 1)
Milwaukee 76 55 .580	NATIONAL LEAGUE	VANCOUVER 10 Everett 2 (Gm 2)
St. Louis 73 59 .553	Chicago Cubs at Pittsburgh, 4:05	TONIGHT'S GAME
Houston 66 65 .504	N.Y. Mets at Philadelphia, 4:05	VANCOUVER at Everett, 7:05
Cincinnati 57 74 .435	Florida at Atlanta, 4:10	
Pittsburgh 57 74 .435	L.A. Dodgers at Washington, 4:10	
	Cincinnati at Houston, 5:05	
	Milwaukee at St. Louis, 5:15	
	Arizona at San Diego, 7:05	

Tiger ponders January return to defend Desert Classic title

GOLF Tiger Woods has not ruled himself out of defending his Dubai Desert Classic title in late January despite needing many more months of time to recover after reconstructive knee surgery.

The American world No. 1 decided to have surgery on his left knee for a fourth time after winning the U.S. Open in mid-June, ending his 2008 PGA Tour campaign.

"I don't know my schedule for next year ... I will be hitting golf balls at the beginning of

the year," Woods said at a news conference in the Gulf Arab emirate of Dubai yesterday.

Speaking at the launch of a four-billion-



Woods

dirham (\$1.09-billion US) golf project Woods designed in Dubai, the winner of 14 major titles said the injury was "frustrating" but he did not rule himself out from the desert event which begins on Jan. 27.

"I don't how my knee will heal," he added.

Woods underwent an anterior cruciate ligament reconstruction of his left knee in June.

He had torn his knee ligament after last year's British Open at Carnoustie while running.

REUTERS

Lucky.



Learning Curve

Unique issues for new students

Early involvement, using services, skill development keys to great campus experience

Did you know?

B.C. schools

- Forty-two school districts in British Columbia have signed an Aboriginal Education Enhancement Agreement.

- British Columbia students taking college-level courses while still in high school placed first in North America according to the results of the advanced placement exams.

- English 12 First Peoples is being offered for the first time as an English 12 graduation requirement and post-secondary entrance requirement for almost all B.C. institutions.

- There has been a 435 per cent increase in participation in trades and technology training in schools since April 2004 including a female participation of close to 20 per cent.

- The province has invested \$3.8 million in physical education equipment and has now mandated 30 minutes of physical activity per day for all K-12 students effective September 2008.

- In January 2008, the sale of junk food was eliminated from elementary schools across the province. In September, middle and secondary schools will follow suit.



ANDREA WOO
for Metro Vancouver

For most university students, the headaches of September stem from conflicting timetables, expensive text books and frenzied methods of organization.

But for some, the beginning of a post-secondary education also brings an additional set of challenges.

Kyle Baillie, manager of the office for new students at Douglas College, said that many recent immigrants, for example, are often concerned about their communication skills.

"What we find is, a lot of the time, they're really underestimating or not giving

"Students who get involved in the campus community usually have an easier transition, both academically and socially."

Lisa Buckley, director of student development

ing themselves enough credit for their English level," he said. "That being said, we try and push them toward services."

At Douglas, there is a learning centre as well as a language lab where students can acquire conversation partners to practice their English with.

Baillie said that older students, on the other hand, tend to have a more complex set of concerns, such as dividing their time between family, school and studying.

Lisa Buckley, director of

free resources and information, and getting involved in the campus community.

"Students who get involved in the campus community usually have an easier transition, both academically and socially," said Buckley.

For students fresh out of high school, Buckley noted that although college and university classes generally tend to have many more students than a high school class, most professors still enjoy hearing from students.

Office hours, in which students can schedule one-on-one appointments, are typically provided along with a course outline at the beginning of the semester.

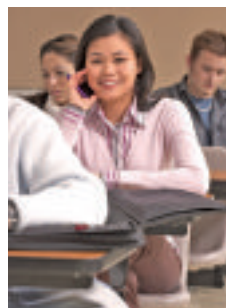
Freshman guide

Kyle Baillie, manager of the office for new students at Douglas College, shares three tips that will help students make a seamless transition into college or university.

1 Always go to orientation. "So much information is given out at orientation that students that don't go miss."

2 Read everything you're given. "We send out tremendous amounts of information that never gets read. If you have a school e-mail address, use it."

3 Familiarize yourself with the services at the institution. "Every institution's going to have a student services division and that division is there solely to help students with that transition and any issues that may arise during the school year."



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Industry 411: The science of art, or vice-versa

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ANDREA WOO
for Metro Vancouver

tics, ethics and social implications.

Q Briefly describe your class.

A ASIC 200, which has both arts and science students, focuses on a variety of global issues. The fundamental philosophy of the course is that global challenges cannot be fully understood or addressed without a functional literacy in both the sciences and the arts.

Q Why do you do it?

A My own academic focus is on scientific literacy, particularly in interesting, and sometimes unconventional, ways to get the general public immersed into

science culture. Because a huge part of ASIC 200 is facilitating interdisciplinary interactions, it is very much an extension of what I usually do.

Q Are there any misconceptions about the subject you teach?

A Sort of, in that many folks don't like going out of their academic comfort zone, either because they feel they won't be able to follow along, or worse, they may feel it's just not that important. For example, if I'm into biochemistry, I don't need to care about historical context and vice versa. The course sort of argues that you can't really make those kinds of statements without taking the effort to dig deeper and the reality is that your outlook on your

profession is often changed significantly by taking in these wider views.

Q Who should take your class?

A Ideally everyone. Shouldn't everyone want to do their part in the world? But the class seems tailored for students passionate about social responsibility or environmental stewardship. It tries to build a mind and skill set that can really help these students make a difference in the world.

Q If you weren't a prof, what would you be doing?

A Probably still something sciency. My colleagues once voted me "coolest geek."



Dr. Dave Ng, along with Dr. Allen Sens created an integrated arts-science course at UBC last January.

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The Bag: Tote around your textbooks, laptop or gym gear in this Vancouver 2010 logo Aritzia canvas bag. \$55 Aritzia, available in a variety of colours online at vancouver2010.com



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Makeup made easy: Local cosmetics line Common Beauty has made life a bit easier with eye palettes created specifically for your own eye colour. This fall brown-eyed girls will look gorgeous in greens while green-eyed

girls will look polished in purples.

Berry red: Dramatically enhance the colour of your lips with falls' favourite warm colours: berry, burgundy and red. Perfect for autumn weather, Vincent Longo's lipsticks contain natural conditioning ingredients like chamomile, aloe vera and tea tree oil.

In the nude: With strong plum eye palettes and deep red lipsticks cheeks are the only thing that should look untouched. Brush on a bit of

Natura or Candlelight by Kevin Aucoin and let the cheeks naturally glow red.

Bag it: Store your makeup in these clutch-inspired cosmetic bags by L.A. designer Stephanie Lin. Use it for your makeup one day then use it for an evening bag the next.

Must-have: Get longer lashes in just a couple of months. Read the testimonials on janmarini.com or head to Kiss & Makeup and check out the staff's lashes to see it and believe it. Tip: Can also be used on eyebrows.



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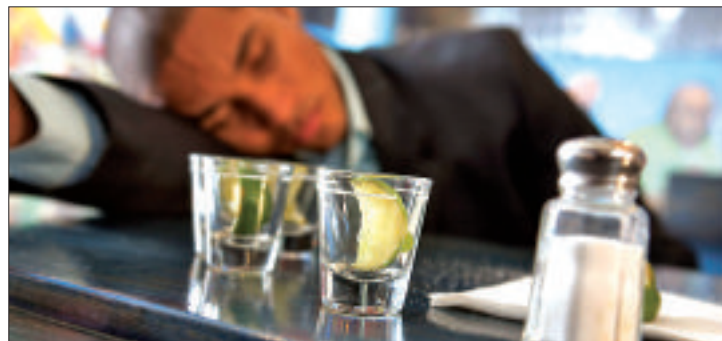
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Test of humility and endurance

Surviving the tradition known as frosh week considered a badge of honour



There's every likelihood that there will be drinking going on during frosh week.

RICK MCGINNIS
rick.mcginis@metronews.ca

As a prelude to the challenge of earning an undergraduate degree and the implied promise of a lifetime of middle-class privilege or better, the modern university has decreed that their newest students must also test their ability to endure pointless rituals and relentless partying in the company of total strangers.

It's called frosh week, and while you're at liberty to ignore it, be warned that you'll miss out on what's suggestively dubbed a "bonding experience," not to mention access to a shared anthology of racy stories and a souvenir T-shirt whose every stain you'll consider a badge of honour — at least until the smell coming off the thing will wilt a pine tree.

Universities cherish their history and their traditions, so while it's been a quarter-century since I was a college freshman, the trials of frosh week haven't changed much since then, and in the spirit of age imparting hard-won knowledge to youth, I offer this primer of advice to the freshman class of 2008,

knowing that it'll be ignored with a blank-eyed nod. This, too, is tradition.

First of all, avoid any activity that involves the words "greasy" or "pole." This warning is all the more urgent when the words occur concurrently. Any activity that pairs a boy and a girl together will likely involve no small amount of sexual humiliation. Contrary to everything you've been told, gyrating with a hula hoop in tandem with a pretty co-ed who will never look you in the eye again, or racing across a grassy quad with a rubber glove full of cooking oil sandwiched between your pelvises is the closest thing to "action" you're probably going to see.

Depending on your prospective major, it's likely that you will, at some point, be showered with a vivid dye that you will be encouraged to maintain at the cost of hygiene for the rest of the week. Do not balk at this peer pressure — your dignity is at its lowest value right now.

Finally, there's every likelihood there will be drinking going on, and should you indulge, please read and try to memorize the brief primer to the right, as it's offered with

the full weight of experience and hard-won wisdom behind it.

At the end of the week, should you survive, you'll have a stumbling familiarity with the campus grounds and have made a bunch of new friends, but don't worry — you have until the end of term at the very least to shake them and find a whole new crowd who won't remember the sleazy orientation leader who you tongue-kissed on the dance floor.

throw up neatly

- Much as you might want to suppress the urge to throw up, don't. You have drunk far too much, and this is your body's way of saying that you're going to die unless the poison is expelled. It's a fact — just ask anyone in pre-med.
- Should you make your way to a suitable receptacle, try not to hang your head down when you hurl. Lift your chin and keep your throat straight and level — it'll be easier on your chest, and improve the likelihood that your new Adidas Superstars will survive until Thanksgiving weekend.
- Pinch your nostrils closed with your thumb and forefinger. Yes, it can come out of your nose, and it'll burn. You're having second thoughts by now, aren't you?
- You might have noticed some pro who brushes his teeth after the dry heaves have subsided. While freshening your breath is a good idea, stomach bile softens tooth enamel, which will eat away under toothpaste abrasives. It's a fact — just ask anyone in dentistry.

— RICK MCGINNIS

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Career Exploration and Management

Monday Sept. 8, 5:30 - 6:30 p.m. – room 237

Business and Technical Writing

Wednesday, Sept. 10, 5:30 - 6:30 p.m. – room 218B

Counselling Skills

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Thursday, Sept. 11, 6:30 - 8 p.m. – room 420

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learning curve **21**

Who says you can't go back?

RAFAEL BRUSILOV
for Metro Canada

Going back to school after spending years in the workforce can feel like a daunting change, but with the right mindset you can make a smooth transition.

Don't fear your classmates; many are probably in the same boat as you.

"The wonderful thing about Continuing Ed. is that the people who surround you are adults, so it's not as intimidating when you're with people who are in the same situation, facing the same challenges and looking for the same thing," said Judith Plessis, executive director of Continuing Studies at the University of British Columbia.

Don't think of going back to school as a setback — the truth is that almost every job nowadays requires some kind of re-training to keep your career moving forward.

"Continuing Education now is a big part of every profession. Understanding that it's an important part of how you go through your daily work is key,"

Plessis said.

Most CE schools and faculties offer a wide variety of courses and study options, from night courses to online learning and even weekend options. Anita Shilton, dean of the G. Raymond Chang School of Continuing Education at Ryerson University, where 84 per cent of its students are employed full-time, says most faculties understand the busy schedules of students and plan course options

Almost every job nowadays requires some kind of retraining.

accordingly.

"Many adults find it challenging to juggle increasingly busy work schedules and family life, so look for courses and programs that allow flexibility such as (learning) on-line, in evenings and on weekends," Shilton said.

If it's been a long time since you set foot in a classroom, consider taking a refresher course in something you enjoy as a practise run, Plessis suggests.

Dental assistants: A quick look

Dentists rely on their assistants to be a second set of hands during chairside treatments. They require assistants to carry out procedures such as polishing teeth, applying topical fluorides and anesthetics, taking impressions of teeth and applying sealants and sterilizing instruments. As part of their training, students learn a basic understanding of human anatomy and physiology. They learn about the normal development of the oral cavity and facial complex as well as dental caries, periodontal disease, developmental disorders and diseases of the oral tissues.

exam offered by the College of Dental Surgeons of B.C.

Courses are offered at various schools around the province, including CDI College, which offers the Intra-Oral Dental Assistant program at its Burnaby and Surrey campuses.

Career opportunities

In addition to general dentist's offices, dental assistants are needed by specialists such as endodontists, periodontists, orthodontists and dental surgeons. Hospital dental departments, dental laboratories and public health departments also hire dental assistants.

Opportunities also include work as sales representatives for a dental distribution or manufacturing companies.

More info

Visit cdischool.com

Training

Those wishing to start a career in the dental field must take a specialized course to be eligible to write the National Dental Assisting Examination Board Certification Exam and the B.C. Certified Dental Assistant Examination

Centres can lend a hand

ERIC EMIN WOOD
for Metro Canada



Feeling depressed? Failing class? You're not alone — and every university has facilities to help.

"We try and make sure that students can have someone they can talk to from pretty much 10 in the morning to one in the evening if they're having emotional distress," says Farrah Issa, service co-ordinator with the Peer Help Centre at the University of Ottawa.

"On the more emotional side, we have a soundproof room where students can come and discuss their problems in a supportive environment. We also have a phone line that encompasses the same services that operates in the evening," she says.

Students visit the centre for several reasons, says Issa.

"We often get people coming in because they're lonely and haven't really been finding someone to connect with," she says. Relationship troubles are another big one.

If the Peer Help Centre can't assist a student, staff will refer them to

someone who can.

For instance, University of Ottawa students who wish to protest a grade or exam result can visit the Student Appeals Centre.

"Basically, when a student feels a decision has been unfairly made, for example they missed an exam day because they were sick and health services refuses to recognize the certificate that they brought because it wasn't from the on-campus clinic, they can appeal that decision," says Issa.

"There's a lot of different clubs on campus. If someone is dealing with issues regarding sexuality for instance, we'll probably say, 'Why don't you visit the Pride centre,'" she says. Other facilities offer essay correction services, or mentoring centres.

"First-year students can talk to someone in third or fourth year about some of the difficulties they've been facing," says Issa.

Students have even visited the centre with drug problems.

"If people have drug problems and are looking to get help for that we have a list of off-campus resources," she says.

"Sometimes it's not something they want to address."



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Smaller classes

For the second consecutive year, more than 95 per cent of classes in school districts throughout B.C. had 30 or fewer students. **METRO NEWS SERVICES**

Expectations key to successful relationships

AMANDA TRUSCOTT
for Metro Canada



Starting college or university is a big change, and when life changes, friendships and relationships often change too. That doesn't mean they have to end, says Marilyn Barnicke Belleghem.

Barnicke Belleghem, a registered marriage and family therapist, says it's easier than ever to stay connected, but planning is key.

E-mail, instant messaging and cheap long-distance plans are all great tools, she says. The trick is to get people's contact information before you leave high school, pick and choose the people who really matter, and then plan in advance to get together when you're not in school.

"So, you want to pick a



If you're planning on having a long-distance relationship, it's important to clarify the rules before you go, experts say.

specific time, and say, 'Let's meet the Saturday of Thanksgiving weekend,' for example," she says.

When it comes to romantic relationships, she says clarity is key. "I believe that good relation-

ships are based on good deals, and when each person knows what's expected of them, what their side

of the deal is, and that they agree to it."

For example, do you refuse to go out in mixed groups? Are you allowed to dance with members of the opposite sex? Whatever your limits are, Barnicke Belleghem suggests setting them before you go.

"Because, a lot of times, people get carried away, and if they don't know what those expectations are, the peer pressure can be pretty heavy."

Josee Laffleche, whose boyfriend went to university in Ohio while she studied in Ottawa, says the first year is the hardest. "That's when you establish all the rules, sort of, and your

trust basis. "You just have to take it a day at a time. That's what we finally told ourselves. Just, no pressure."

Ten years later, they're married and happier than ever, she says. For both friendships and romances,

Barnicke Belleghem says keeping an emotional connection becomes extra important when distance removes the physical connection.

"When we share with people, and we share with them who we are and how we're feeling and what we're thinking, not just what we're doing, it tends to make a stronger bond," she says.

"Good relationships are based on good deals, and when each person knows what's expected of them."

Barnicke Belleghem

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Hotel heiress Paris Hilton is selling The Bandit, an interchangeable hair extension headband, that can add up to 22 inches of 100 per cent polyester hair to the wearer via Velcro. The Bandit will hit shelves Sept. 20. **NEW YORK DAILY NEWS**

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONews.CA

DVD picks

Where in the World is Osama bin Laden?

Director: **Morgan Spurlock**
Rating: **PG**

DOCUMENTARIAN Morgan Spurlock takes his gumshoe act on the road with *Where in the World Is Osama bin Laden?*, a quest that's only partly in jest. Whether the approach gets him anywhere is in the eye, and funny bone, of the beholder.

He's after Osama bin Laden, the leader of Al Qaeda and mastermind of 9/11. Spurlock reasons he alone can prevail where the FBI, the CIA and legions of other "War on Terror" troops have failed. He travels through the Middle East and to Morocco,

Pakistan, Afghanistan and Saudi Arabia, to chat with average citizens and a few informed sources, asking them if they know where bin Laden is hiding. The approach yields mixed results. Many people are so charmed and disarmed by Spurlock's bull-moose approach, they spill their thoughts on bin Laden. A few insights are gleaned. But the film does offer hope that there are millions of people in the Middle East who simply yearn for peace.

Extras include deleted interviews, an alternate ending and a funny bit titled, *The Animated History of Afghanistan*.

TORSTAR NEWS SERVICE

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One heck of an affable show

SOMEONE ELSE'S NOSTALGIA: The nice publicist from MuchMoreMusic pitched the story to me by saying that she had a hunch that I was a Huey Lewis kind of guy back in the '80s. I tried not to sound peevish as I responded that, truth be told, my '80s were more about Black Flag, but I didn't have anything against Huey.

He was always there, an altogether pleasant, older sibling/younger uncle kind of figure, the sort who turned up his car stereo loud with the Big Chill soundtrack because he knew you liked music. It seems like a long time ago, now, and that was the point.

Steadfastly committed to transforming itself into the Canadian VH1, MMM had a new show premier-

IntelleVision

Rick McGinnis

rick.mcginis@metronews.ca

ing called *Where You At Baby?*, that featured an affable host (Matt Wells) being parachuted into the life of a onetime chart-topper, and Lewis was the inaugural subject.

Would I be interested in talking to Huey, the nice publicist wanted to know? "Is it a reality TV show?"

Huey asks me over the phone. "I thought it was sort of a biography deal. You see, I haven't seen the show. It's MuchMoreMusic and I assumed it was more of a bio thing — we have

this *Behind The Music* on MTV, and I've always like the Canadian approach to things; it's a little loftier than what we get over here, so I thought 'Why not?'"

The rough cut pilot is a cheerful, shambaling affair — after a brief preamble, Lewis meets Wells and crew at the airport in Montana where he lives, and drives them out to his ranch after a stop at the supermarket. He kits Wells out and takes him fly fishing, where Lewis reveals that he's very conscientious about catch and release, then wakes Wells up the next morning to take him to New York, where he meets Lewis' son and the man who choreographed the singer for a stint in the Broadway run of *Chicago*.

"It actually baffles me," Lewis recalled. "When I got

to Montana with the crew, I wondered 'What did I do that for?' It's not like I'm selling anything, I have no record out. Why do something like this? But I liked the people involved."

"I just thought fly fishing would be good. I love to fly fish. And it looks beautiful — it's a beautiful place."

Lewis, who still plays 80 shows a year with his band, comes off well — proof of the rule that, if you want longevity in the music business, try to do something that looks dignified at 35 and plausible at 58. Still, the producers of *Where You At Baby?* had better be hiding a few train wrecks up their sleeve if they want to escape a season of terminal affability.

Rick McGinnis writes about music, movies, books and television

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
251	308	6	CBC	Coronation St.	Laughs	Rick Mercer	22 Minutes	The Tudors "Episode 6"	CBC News: The National (N)	(.05) The Hour		
255	358	6	CH	El News	The Insider	Real Housewives		Simple Life	Kardashians	Pam	Sunset Tan	News (N)
254	-	6	M	Law & Order: SVU		Mandarin Idol	The Hills	Without a Trace "Run" (CC)	Punjabi News (In Punjabi N)	Law & Order: SVU	News (N)	The Simpsons
250	321	6	CTV	eTalk (CC)	Hollywood	Happy Days	Growing Pains	Jeeves and Wooster (CC)	The Daily	Diya (CC)	New Day	News (N)
252	336	6	OMNI	Accordance-Jim	George Lopez	Wipeout (N) (CC)		Big Brother 10 (N) (CC)	In Plain Sight "Stan by Me"	News (N)		
256	389	6	ETV	Entertainment	ET Canada	America's Got Talent (CC)		To Be Announced	Reaper "Cancun" (CC)	Reaper "Cancun" (CC)	Reviews	
253	359	6	V	Degrassi	Friends (CC)	Hell's Kitchen (CC)		Reaper "Cancun" (CC)	Reaper "Cancun" (CC)	Reaper "Cancun" (CC)	Reaper "Cancun" (CC)	
259	359	6	CITY	Wheel-Force	Jeopardy!	Smallville "Justice" (CC)		NCIS "Internal Affairs" (CC)	Seinfeld	Seinfeld	Frasier (CC)	
289	381	6	CBS	70s Show	70s Show	KIRO News "Entertainment		Kim	Style by Jury	How to Look Good Naked	Maxed Out	
287	379	6	NBC	Democratic Convention		America's Got Talent Ten of the top 40 contestants perform.		Wanna Be? (N) (CC)	Church on Dauphine	P.O.V. (CC)	Scrubs (CC)	Seinfeld
602	568	6	W	Will & Grace	Friends (CC)	Maxed Out	Style by Jury	Kim	Style by Jury	How to Look Good Naked	Maxed Out	
288	380	6	ABC	Democratic Convention		Wipeout (N) (CC)		Wanna Be? (N) (CC)	Church on Dauphine	P.O.V. (CC)	Scrubs (CC)	Seinfeld
291	383	6	PBS	M*A*S*H	Scrubs (CC)	Return to Macdon County **	(1975, Drama) Nick Nolte.	Church on Dauphine	P.O.V. (CC)	Scrubs (CC)	Seinfeld	
290	382	6	Fox	Two/Half Men	Two/Half Men	House (PA) (CC)		House "Living the Dream"	News (N) (CC)			Family Guy
364	6	PBS	Democratic Convention		Office Gossip	Perfect		Tavis Smiley	Charlie Rose (N) (CC)	Nova (CC) (DVS)		
296	554	6	SBK	Frasier (CC)	Frasier (CC)	Cheers (CC)	South Park	Comics Un.	Half & Half	Entertainment	The Insider	Futty-Renker
298	553	6	TLA	Two/Half Men	Two/Half Men	Smallville "Justice" (CC)		Reaper "Cancun" (CC)	Reaper "Cancun" (CC)	Reaper "Cancun" (CC)	Reaper "Cancun" (CC)	
295	551	6	WGN	WGN News at Nine (N) (CC)		Family Guy	Smallville "Justice" (CC)	Reaper "Cancun" (CC)	Reaper "Cancun" (CC)	Will & Grace	My Wife-Kids	
297	552	6	WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	Frasier (CC)	George Lopez	Odd Couple
199	311	6	STR	News (N)	News	Late Show-Letterman		(.37) Fear Itself	CC)	Late Late Show		
502	390	6	NW	Naked		CBC News: The National (N)		Larry King Live (N)		Naked	National	
500	500	6	CNN	(3:00) Democratic National Convention (CC)		SportsCenter (Live) (CC)		Motorcycle Racing Moto X World Championships. (Taped)		Sportsnet Connected	Sportsnet	
400	419	6	RSP	Sportsnet	MLB Baseball Minnesota Twins at Seattle Mariners. (Joined in Progress) (Live)			Motorcycle Racing Moto X World Championships. (Taped)		Sportsnet Connected	Sportsnet	
410	457	6	OLN	Departures (CC)	Pilot Guides (CC)	Don't Forget Your Passport		Word Travels	Strand-Peters	Departures		
410	403	6	SCR	Score Tonight	Score Tonight	Score Update		Score Update		Score Update		
417	406	6	SC	Super Bikes!	Super Bikes!	Pinks	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!
416	409	6	GLF	(6:00) Fútbol	Go! TV News	Go! TV News		Kings Club	Kings Club	Go! TV News		Go! TV News
552	543	6	YTV	Malcolm-Mid.	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach (CC)		Mystery Hnt.
555	545	6	TEL	George	Tom & Jerry	Tom and Jerry	Teen (CC)	Total Drama	Futurama	Batman & Mr. Freeze: SubZero ** (1998)		
557	541	6	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han, Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
553	546	6	KNO	Comfy Couch	Rolie Polie	Beren, Bears	Dragon	Backyard	Dora-Explorer	Go, Diego, Go!	Treetown	Comfy Couch
268	354	6	KNO	Gardens	Recreat. Eden	SPAM: The Documentary		A Most Mysterious Murder		Asahi Baseball	Leading Edge	
575	583	6	CMT	Home Imp.	Roseanne	CMT30 "Dauphin 2008"		Reba (CC)	Hope & Faith	Home Imp.	Roseanne	Ed "Trust"
570	580	6	MM	Video on Trial	Video on Trial	Greek "Pilot" (CC)		Pimp My Ride	disBand	Technical Diff.	MuchVibe (CC)	
600	584	6	H&G	The Stagers	Green Force	Holmes on Homes (CC)		Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers
615	520	6	A&E	The Cleaner (N) (CC)		The Cleaner (CC)		The First 48 (CC)		The First 48 (CC)		The Cleaner
628	584	6	SPKE	(6:00) Star Wars: Episode III --	Revenge of the Sith ***	My Shocking Story: Half Man		CSI: Crime Scene Invstgtn.		Star Trek: Voyager (CC)		Deep Space 9
521	560	6	TLK	Dr. G: Medical Examiner		Blue Murder "Partners" (CC)		Mystery Diagnosis (CC)		Dr. G: Medical Examiner		Wild Child
616	522	6	BVO	ReGenesis "Prions" (CC)		Law & Order "Harvest" (CC)		Trailer Park	Kenny-Spenny	CSI: NY "Cold Reveal" (CC)		House (CC)
620	523	6	SHO	The Bravo! Concert Hall (N)		Newlywed "In Laws		Without a Trace "Requiem"		The Bravo! Concert Hall		Entourage
601	562	6	SLC	Plastic-Perfect Matchmaker		Daily Planet (CC)		Shear Genius Stylists return.		Plastic-Perfect Matchmaker		Trading Sp
520	505	6	DIS	After the Catch Highlights (N)		Digging for the Truth (CC)		Mighty Ships "Resolute"		After the Catch Highlights.		How It's Made
522	506	6	HIS	NCIS "Hung Out to Dry"		Star Trek: Voyager (CC)		NCIS "Hung Out to Dry"		NCIS "Hung Out to Dry"		Crime Stories
627	528	6	SPS	Battlestar Galactica (CC)		Star Trek: Voyager (CC)		Star Trek: Voyager (CC)		Star Trek: Enterprise (CC)		Star Trek Gen.
294	550	6	TBS	The Office	The Office	Funnyest Commercials 2008		Sex and-City	Sex and-City	Romy and Michele's High School Reunion		
619	525	6	TROP	News Show	News Show	ET Canada	What	Family Guy	Seinfeld	Seinfeld	Frasier (CC)	Family Guy
603	561	6	FN	Top Chef "Serve and Protect"		Restaurant Makeover (CC)		Iron Chef America (CC)		HEAT		Top Chef
626	547	6	COM	Air Force	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.	Jon Dore	Daily Show
320	621	6	CEN	Living Dolls: The Making		The Sasquatch Gang (2007) Jeremy Sumpter.		Stardust ***		(2007) Claire Danes, Charlie Cox. (CC)		
581	566	6	MTV	From G's to Gents (N) (CC)		MTV Live	After	Making the Band 4 (CC)		From G's to Gents (CC)		MTV Live
261	394	6	V	Mystic Women-Middle Ages		Mysterious Ways "Yesterday"		Quantum Leap (CC)		Eyes Down	On the Buses	Paid Program
-	-	6	MUL	The Land	Daughters	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

House

In "No More Mr. Nice Guy," House (Hugh Laurie) and his team suspect that their patient's (Paul Rae) excessive niceness is a symptom of trouble in his brain. And House's fellows wonder if their boss's obnoxiousness might also have an organic cause. House and Amber (Anne Dudek) butt heads over spending time with Wilson (Robert Sean Leonard). 5 PM on STR; 8 PM on FOX



World's Funniest Commercials 2008

These are the commercials that don't make you reach for the mute button or head for the bathroom. This new hourlong special, hosted by Kevin Nealon, showcases laugh-out-loud television ads from around the world. Even if you don't understand the language, there's plenty to chuckle at. The only problem with a show like this is: How do you know when it's gone to commercial? 6 PM on TBS

going out

8 p.m. Soul Sistas 7, backed by a seven-piece band and your favourite tunes. At Richard's on Richards, 1036 Richards St. Tix: \$20 advance, \$25 door. Info: soulsistasmusic.com.

9 p.m. Tiesto in Search of Sunrise Summer Tour '08, playing the best of trance and dance. At Plush Nightclub, 750 Pacific Blvd. Info: clubzone.com/tiesto.

9 p.m. Celebrities Tuesdays, spinning underground electro and indie cuts. At Celebrities Night Club, 1022 Davie St. Info: celebrities-nightclub.com.

In brief

CRASH Barenaked Ladies' singer Ed Robertson survived a plane crash Sunday afternoon north of Bancroft, Ont., TMZ.com reports. "At 12:30 p.m., a Cessna 206 was taking off from Baptiste Lake, lost air-speed and entered a wooded area west of the lake," said Sgt. Jeff Mackinnon of the Bancroft OPP. **METRO NEWS SERVICES**

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Cate takes the Streetcar

A production of A Streetcar Named Desire starring Cate Blanchett will run for two months in the U.S. after debuting in the actress' native Australia this autumn. Blanchett plays Blanche DuBois. IMDb.com



ABOVE: Actor Michael Weatherly (star of TV show NCIS) and fiancée, Bojana Jankovic (centre), celebrate her birthday in the private Red Room at Valetown's Goldfish restaurant as marketing manager Andrea Maglajlija joins them.



LEFT: Hastings GM Raj Mutti, left, and Howard Blank vice president, media and entertainment Great Canadian Casinos, cut the red ribbon to open the new gaming lounge.



ABOVE: At the Hastings Racecourse party guests receive a passport stamp from the ladies in red: Alisha Dander, left, Jesslyn Unwin, Lisa Cadrain and Brooke Windatt.



LEFT: A smiling Filomena Nalewajek, CEO of Canuck Place, is grateful for the support of athletes and celebrities alike at the Blackfish Marine reception.

RIGHT: Anaheim Ducks GM and former Canucks GM Brian Burke, left, chats with sportscaster John McKeachie at the Blackfish Marine reception.



ABOVE: VIPs like Amber Webster, left, and Olympic snowboarder hopeful Alex Loo lend their support to Canucks Place at the Blackfish Marine reception.



LEFT: Great Canadian Casino's Sonja Mandic, left, and PR gal Kelly Grant join VIPs at the special Hastings Racecourse opening.



ABOVE: NHL and Canucks conditioning coach Peter Twist and his beautiful lady Julie Rogers raise a glass to Canucks Place at the Blackfish Marine reception.

RIGHT: A big cheer for Bright Ideas president Sharon Bonner whose fabulous decor and design turned the Hastings lounge party into a real circus-themed celebration.



Swinging for kids

The inaugural Sports For All Players Challenge Golf Tournament took place last week with a star-studded game of golf and a fabulous opening reception courtesy of Granville Island's Blackfish Marine. Sports stars and celebs alike came out swinging for this very good cause, the proceeds of which go to support the Canuck Place Children's Hospice.

Also, Hastings Racecourse has been given a big

SocialEyes
Catherine 'Cat' Barr
info@catherinebarr.com

facelift thanks to the gang at Great Canadian Casinos. The previously dilapidated concourse area has been transformed into a sparkling, ringing and blinging slots area complete with bar and lounge

area. The opening night event was literally a circus, thanks to the performers from CircusWest and Sharon Bonner and her crew at Bright Ideas who draped the reception tent in red and purple and served drinks from behind one of the largest ice sculptured bars ever to be seen in Vancouver — very cool indeed.

Cat calls? Please visit catherinebarr.com to submit your event or e-mail info@catherinebarr.com. She can also be heard on The Buzz 1410 AM Radio Tuesdays at 4:30 pm.

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KATHY REICHS

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Marisa Miller is Victoria's Secret's latest spokesmodel. Her first role will be as the face of the new fragrance Very Sexy Dare, which will be unveiled at the firm's flagship store in New York in September. **IMDB.COM**

Celebrity Buzz

Bynes blamed for car mishap

ACCIDENT Police have determined actress Amanda Bynes is to blame for a car accident that left another driver with minor injuries, **imdb.com** reports.

Bynes, 22, was not under the influence of drugs or alcohol when she caused the collision this past weekend in Los Angeles, authorities confirm.

"Ms. Bynes was driving a BMW when she made an unsafe turn and another car hit her," Sgt. Murrel

Pettway of the Los Angeles Police Department said.

"It was determined that she was at fault, but no crime was committed. The other driver complained of minor injuries. Drugs and alcohol were not involved. It was just a typical car accident."

"There was no serious damage to either vehicle."

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

'Silly' media, pills aren't for Posh!

PEOPLE Former Spice Girl Victoria Beckham has spoken out against claims she uses diet pills, branding the false reports "silly," **imdb.com** reports.

A representative for Beckham, 34, announced earlier this month the star's plans to sue British magazine *Now* after it alleged she takes slimming tablets to lose weight.

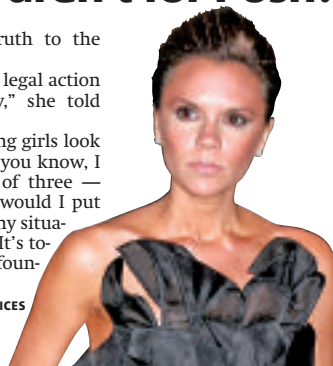
Now the fashion designer herself has addressed the controversy, insisting

there is no truth to the speculation.

"I am taking legal action as it's so silly," she told **FoxNews.com**.

"I know young girls look up to me and, you know, I am a mother of three — how and why would I put my health in any situation like that? It's totally without foundation."

METRO NEWS SERVICES



celebrity brief

Winehouse's mother-in-law on singer: Lock 'er up

INCARCERATION Forget rehab — singer Amy Winehouse should be behind bars, the *New York Daily News* reports her mother-in-law as saying.

"Prison will do Amy far more good than rehab," Georgette Civil told *Britain's News of the World*. "The police ... should arrest her and put her behind bars ... She's got to learn the hard way."

Rumours surfaced that

Winehouse, 24, was planning to enter a rehab facility near the jail where her husband, Blake Fielder-Civil, is serving time. Winehouse's rep has since shot down the reports.

According to Civil, jail helped her son kick his notorious drug habit. "Prison worked for Blake. It's the only thing that can now save Amy," she said.

Winehouse checked in-

to rehab in late January after a 19-minute video surfaced of the singer allegedly smoking a pipe and allegedly admitting that she had just taken six tablets of Valium. She was also caught on tape in July allegedly snorting cocaine while DJing at a London pub.

METRO NEWS SERVICES



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Fresh vows for Madonna, Ritchie

MARRIAGE Pop star Madonna and her filmmaker husband Guy Ritchie said "I do" again, **perezhilton.com** reports.

An insider reveals to the *Daily Mail* that the couple recently renewed their wedding vows at a private Kabbalah ceremony in London.

Madonna supposedly flew her Kabbalah teacher over from Los Angeles to conduct the proceedings. "It was very intimate and

both Guy and Madonna made vows to each other and pledged to try to make their marriage strong again," the source said.

"The ceremony lasted about an hour. They turned up at the kabbalah centre in their gym clothes and changed into white robes. Everyone at the centre hopes that they will get through their recent rough patch."

METRO NEWS SERVICES



Aniston disses plastic surgery

LOOKS Jennifer Aniston has ruled out plastic surgery, **femalefirst.co.uk** reports. She says the only reason she'd consider surgery would be medical purposes.

"I once had the degree of my deviated septum operated on," she said. "Since then, I can breathe much better and sleep nights like a baby. The rest of my body is all mine. And absolutely natural. And it's going to stay that way. I am very satisfied with what God gave me."

METRO NEWS SERVICES



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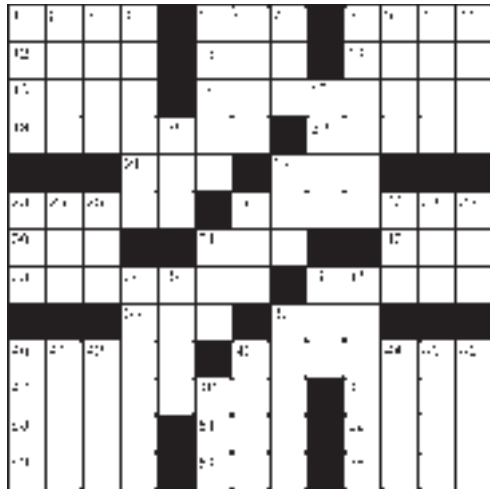
metro

99.3 FOX

Fling with Emma Roberts?

Actor Alex Pettyfer has admitted he enjoyed a fling with actress Julia Roberts' niece Emma Roberts on the set of their latest film Wild Child. Although the pair is no longer together, the actor insists they are still on good terms. **IMDB.COM**

Take Five



Crossword down

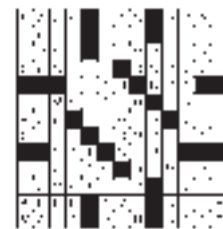
- 1 Gridlock sound
- 2 Stratagem
- 3 Speedy steed
- 4 Look-alike
- 5 Moist in the morn
- 6 Messes up
- 7 Mainlander's memento
- 8 Spider's creation
- 9 Luau dance
- 10 Works with
- 11 Netting
- 17 Zinger
- 19 Parcel of land
- 22 Lubricate
- 23 Playground pastime
- 24 Green, in a sense
- 25 Pen point
- 26 Serbian city
- 27 Fond du —, Wisc.
- 28 Wapiti
- 29 James Bond, e.g.
- 31 Kitten's call
- 34 Under-the-table payments
- 35 Leopold's partner
- 36 Bill
- 37 Optimally
- 39 Having a persistent odor
- 40 Blue hue
- 41 — ho (zealous)
- 42 Taunt
- 43 Tolerate
- 44 Tardy
- 45 Cupid's alias
- 46 Venetian blind part
- 48 Prune

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Crossword across

- 1 Actor Pitt
- 5 Canto preceptor
- 8 One of the gang
- 12 Mark replacement
- 13 Earlier than
- 14 River of England
- 15 Jacob's brother
- 16 Bounces a basketball
- 18 Wilma's daughter
- 20 Flooded
- 21 Depressed
- 22 Raw rock
- 23 Doctrine
- 26 Fishermen's hopes
- 30 Expert
- 31 Wire measure
- 32 High mountain
- 33 Talks turkey?
- 36 Gauche
- 38 Tier
- 39 WWE surface
- 40 Texas A&M athlete
- 43 Lawrence Welk trademark
- 47 Nitpicks
- 49 Count counterpart
- 50 Cease to exist, old-style
- 51 Hearty tree
- 52 Old portico
- 53 Quite some time
- 54 Get nosy
- 55 Criterion

previous day's answer



Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

Have a serious chat with snobs. Vengeful remarks will fail to wound. A stranger's pep talk is loaded with wisdom.

TAURUS

APRIL 21-MAY 21

Forgiveness lies in store at home. Hide the evidence of your bad habits. An elder wants you to share bad news.

GEMINI

MAY 22-JUNE 21

Your dread of surprises will wane. An outlandish situation will be changed. Don't commit to anything right now.

CANCER

JUNE 22-JULY 22

A lie will cause a quarrel. Be friendlier with a strange woman. Someone looks to you for inspiration.

LEO

JULY 23-AUG 23

A rival is crushed by a dream that comes true. Giving your opinion can win over a new contact. New rules will be brought down.

VIRGO

AUG 24-SEPT 22

Confusion about a friend's carelessness becomes tiring. It's time to wind up old business. A loner agonizes about a terrible decision.

LIBRA

SEPT 23-OCT 23

A passionate reaction will cause grief. A hysterical person will speak the truth. A woman needs no lessons on mind games.

SCORPIO

OCT 24-NOV 22

You'll feel frisky with someone you meet. A confident person reveals an obvious solution. Have an insightful dialogue about your issues.

SAGITTARIUS

NOV 23-DEC 21

Running an errand will get you out of a bad place. Expect a pessimist to support you. Perform spontaneous acts of kindness.

CAPRICORN

DEC 22-JAN 20

A volatile person will give you good news. A specialist will be raring to go. Be rational when you're feeling left out of things.

AQUARIUS

JAN 21-FEB 18

Your self-esteem will get a boost. Don't alarm others by being too fascinating. A problematic person will show a willingness to listen.

PISCES

FEB 19-MAR 20

A playmate wants things to change. An empty-headed man's gibberish will confuse everyone. Family health concerns must be dealt with.

Sudoku

			7	4				9
8						4	5	6
		6					3	
			9	3				2
	1		4		7		9	
3				5	1			
	5					1		
2	7	8						4
6				2	9			

previous day's answer

3	7	2	1	5	9	6	4	8
4	8	9	3	6	2	7	5	1
5	1	6	8	7	4	9	3	2
8	2	5	4	9	3	1	6	7
1	6	4	7	8	5	2	9	3
7	9	3	6	2	1	5	8	4
6	4	8	9	1	7	3	2	5
2	3	7	5	4	6	8	1	9
9	5	1	2	3	8	4	7	6

HOW TO PLAY SUDOKU:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

SUDOKU SOLVE TIME IN MINUTES:

Under 13: Genius
13-17: Scholar

17-21: Smart
21-25: Not bad

25+ Keep practising
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WORDY GURDY



Vancouver weather

Afternoon



Variable.
16°

Tonight



Rain. 100%
Low 12°

Wednesday



Showers. 70%
18° / 13°

Thursday



Rain. 100%
17° / 13°

Friday



Variable.
19° / 11°



Temperature Normals
High: 20.9°
Low: 12.5°

Records
High: 27.2°/1950
Low: 7.2°/1939

Sunrise: 6:21 a.m.
Sunset: 8:06 p.m.
Moonrise: 12:48 a.m.
Moonset: 6:09 p.m.

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(604) 556-7702

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(604) 436-3110
Highgate Village
(604) 521-3338
Loughheed Mall
(604) 420-7979
Loughheed Mall Kiosk
(604) 444-0240
Metropolis at Metrotown
(604) 438-8000
Metropolis
(604) 436-3903
Crystal Square
(604) 718-2112
Metrotown Centre
(604) 432-9303
101-3855 Hunting Dr.
(604) 431-2900
4548 Kingsway
(604) 431-8810

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Ironwood Mall
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Discover Harbour Ctr.
(250) 286-1008
CHILLIWACK
Cottonwood Mall
(604) 858-0017
CLOVERDALE
Cloverdale Crossing
Shopping Centre
(778) 571-0776
COQUITLAM
Coquitlam Centre Mall
(604) 941-6122
#1071-1163
Finestre Way
(604) 945-6162
Coquitlam Ctr. Kiosk
(604) 944-8668
H-341 North Rd.
(604) 939-4777

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(250) 703-2008
DELTA
Scottdale Mall
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102-8250-120th St.
(604) 582-9999
110-8067-120th St.
(604) 592-9199
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Fort Centre
(250) 748-6388
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Willowbrook Kiosk
(604) 532-8000
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(604) 460-2888
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(604) 820-0811
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Nanaimo North Town Ctr.
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(250) 390-1820
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(250) 741-8288
2540 Bowen Rd.
(250) 756-0517

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1422 Lonsdale
(604) 983-3025
Lynn Valley Centre
(604) 984-8900
Norgate Mall
(604) 983-3335
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Aberdeen Ctr.
(604) 279-9187
Administrative Centre
(604) 303-0308
Continental SC
(604) 279-8868
10400 Bridgeport Rd.
(604) 246-0500
Empire Centre
(604) 276-8868
Richmond Centre
(604) 275-2203
Landsdowne Mall
(604) 247-2355
Aberdeen Centre
(604) 303-8811

SURREY
Central City
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Guildford Town Centre
(604) 951-9399
Nordel Crossing
(604) 540-8886
Semihamoo Mall
(604) 536-1010
Strawberry Hill
Shopping Centre
(604) 502-7600
7-8430 128th St.
(604) 572-9955
#820-3041-152nd St.
(604) 531-2500
#101-7320 King George Hwy.
(604) 599-5522

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(604) 892-1122
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Chaplain Heights
7058 Keer St.
(604) 433-4991
155-139 Keefer St.
(604) 683-8283
6513 Fraser St.
(604) 325-6665
1807 Burrard St.
(604) 736-3326
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1093 Robson St.
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1306 Douglas St.
(250) 389-0818
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(604) 921-4880
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(604) 932-2021

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Brentwood Mall
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NORTH VANCOUVER
Capilano Mall
(604) 983-0744
VANCOUVER
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